

A. T. Hovannessian

Raw Eating

Finally, the cure of all diseases is discovered
Raw Veganism is the only treatment

There is no disease for Humans

The reasons of illnesses are: animal products consumption,
eating cooked stuffs, taking medicines and chemicals

By "Raw-Eating", all simple or heavy sicknesses will be cured

There is no food shortage, even there is a groceration,
Raw vegetables & fruits are the only real foods

Carnage and animal eating
turns people into senseless brutal beasts

Tehran



Arshavir Ter Hovannessian, umwanditsi w'iki gitabo, wapfaga igitutu cya indwara zitandukanye hashize imyaka 19, ubu yakijijwe burundu mubibazo bye byose na veganism mbisi, kandi kumyaka 75, afite ubuzima bwiza rwose n'imbaraga zumusore. Iye ibikorwa bya buri muni ni ukwereka abantu ko indwara zose nubundi bubi bwiye si biterwa no kurya ibiryo bitetse (bishwe) nibiyobyabwenge bya chimique nibindi bintu byapfuye.

ARSHAVIR TER-HOVANNESSIAN (ATERHOV)

KURYA

Isi Nshya itarangwamo indwara, ingeso n'uburozi

Tegeka kandi Ukwirakwize **RAW-KURYA**

GUKORESHA KURYA-KURYA NUBWIZA KANDI
AKAZI KUMUNTU CYANE MURI IYI ISI

*Inyandiko: Icyongereza cya gatatu cyasubiwemo + Persian th Edition (1976) &
Agatabo k'Ubuperesi kitwa "Kurya gutetse, ibiyobyabwenge byica" (1980)
byahinduwe mu Cyongereza*

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IJAMBO RY'ITORA RYA 2

Igice cya mbere cyiki gitabo cyasohotse mu 1963 cyiswe RAW-KURYA. Muri kiriya gitabo gito, cyari kigizwe n'incamake y'ibitekerezo byanjye ku mirire, nari nakoze ku bintu hafi ya byose byo kurya mbisi. Muri rusange, ntabwo bikenewe kwinjira mubintu birebire kugirango tumenyeshye isi ukuri kworoshye ko ibikorwa byo guteka no gutunganya, hakoreshejwe intungamubiri karemano zangirika mubintu bidasanze, ntabwo aribikorwa byangiza gusa kurenga ku mategeko ya kamere, ariko nizo ntandaro yindwara zose. Umuntu utazi ubwenge arashobora kubona neza ko, aho gukura abantu indwara, siyanse yubuvuzi ishingiyeye ku biribwa bitetse ndetse n'ibiyobyabwenge by'uburozi biganisha abantu mu ndwara nyinshi zikomeye, aho ibindi binyabuzima byose bifite ubudahangarwa.

Nyuma yo gusoma imirongo mike kuriyi ngingo, umuntu ugaragara neza arabyuka kubera kutagira ubunywewe bwe maze amenya uburemere bwibintu. Umubare munini wabantu, ariko, kubera ko bahumwe amaso nibitekerezo bitari byo bya siyanse yubuvuzi kandi babangamiwe nibitekerezo byinshi byabanjirije, bifuzaga kugira andi makuru kuriyi ngingo. Niyo mpamvu, mugice cya kabiri cyiki gitabo, nazanye ibisobanuro byinyongera kandi birambuye kubibazo byinshi byingenzi. Muri icyo gihe, inyungu zafashwe umwanya wo gukora byinshi byo gusubiramo no gukosora mugice cya mbere. Mugihe cyambere cyigitabo igitekerezo cyo kurya mbisi cyari kikiri mubyiciro byacyo; uyumunsi yashyizwe mubikorwa mubihugu byinshi. Mu kureka ibiryo bitetse nibiyobyabwenge bifite uburozi, abantu ibihumbi nibihumbi bafite ubwenge kwisi yose bakize indwara zabo zimaze igihe kirekire kandi ubu barashobora kwishimira ubuzima butagira ubuzima bwiza nibyishimo. Ndagije igitabo natanze gutoranya gato kwamabaruwa menshi yakiriwe nabantu nkabo.

Iyo imashini cyangwa igikoreshe gishya cyavumbuwe, ibizamini bike byatsinze bifatwa nkibihagije kugirango hemezwe cyangwa byemeze ko byavumbuwe. Muri iki gihe, abantu ibihumbi n'ibihumbi bazima ku isi ni ibimenyetso bizima

kurya-mbisi bikiza abantu mumatiku yuburwayi bwindwara zose zo kwisi. Umuntu ashobora kuba yaratekereje ko ibyo byaba bihagije kubyutsa isi yubumenyi kubwo kutitabira kwabo no kumvisha abantu bose inyungu nini kurya-mbisi bituzanira twese.

Muri iki gihe, abantu bahumwe n'ibiyobyabwenge bategura inama mpuzamahanga mu rwego rwo kurwanya ikibazo cy'ibura ry'ibiribwa ku isi no gutanga disikuru zidashira ku bintu bisekeje, mu gihe 80 ku ijana by'ibiribwa nyabyo twahawe na kamere byangiritse bidatekerejwe n'amaboko yabo bwite mu guteka no gutunganya.

Ndasaba abantu bose b'ikiremnamuntu kuzamura amajwi kandi kubyo basaba buri gihe basaba abayobozi gufata ingamba zihuse zo gushyira mu bikorwa amahame yo kurya mbisi. Igihe kirageze cyo gukora.

IGICE CYA MBERE

Nigute Natekereje Igitekerezo cyo Kurya Raw

Ibiryo bikomoka ku bimera bigomba kuba intungamubiri zonyine zafashwe numuntu. Ingeso yo kurya ibiryo bitetse igomba gutereranwa kuriyi si burundu. Iki nicyo cyifuzo kidasubirwaho cyibidukikije. Kurya ibiryo bitetse nubunyamaswa buteye ubwoba mumateka yabantu, ubugome ntamuntu numwe ubizi kandi buri wese agwa mubitambo atagira ubwenge. Nubwo igitekerezo cyaba kidasanzwe kuri bamwe, ni ukuri kwuzuye tutabura kubyemera.

Uku kuri kwaranyeretse igihe, nyuma yimyaka 18 niga nitonze nitonze, naje kumenya neza ko urupfu rwimyaka 10-umuhungu wimyaka numukobwa wimyaka 14 byatewe nimirire idasanzwe. Umubare munini w'ibizamini by'ubuvuzi byakorewe mu Buperesi, Ubufaransa, Ubudage n'Ubusuwisi mu buryo butandukanye bwagerageje kuvumbura indwara zimwe na zimwe mu binyabuzima byazo ndetse n'ubuyobozi bwakurikiyeho bwo kuvura imiti nyinshi bwagize uruhare runini, mu kuzana ibyago ku mutwe. Bana banjye bapfuye kunanirwa buhoro buhoro no guta ingingo zabo zose zatewe no kugaburira bidasanzwe n'imiti y'uburozi.

Nashoboye gucengera mu mabanga ya siyanse y'ubuvuzi no kureba neza ibyiza n'ibibi byayo neza, kubera ko ntigeze nshishikarizwa no kuba umuganga cyangwa ngo nunguke amafaranga. Inkunga yanyje yabaye iyambere icyifuzo cyo gukora ibishoboka byose kugirango ubuzima bwabana bange nkunda, hanyuma nyuma icyifuzo gikomeye cyo gukomeza kwibuka kwabo mugirira akamaro ikiremamuntu.

Ikindi kintu cyagize uruhare mu kurushaho kumenya neza ibitagenda neza mubumenyi bwubuvuzi nuburyo bushya rwose nifashishije amasomo yanyje nifashishije kwiwigisha, nta na gahunda yo kwiga. Ntabwo nigeze nsinda kubera gukabya gukabya gutera imbere kwakozwe mu izina rya siyanse y'ubuvuzi cyangwa imigani yose y'impimbano y'inyungu zidasanzwe zikomoka ku miti. Negereye ibyo bibazo mfite ibitekerezo binenga kandi buri gihe nashyizeho umwete mwinshi kubibazo byabo. Byongeye kandi, nakomeje kuzirikana ko, nubwo hariho abaganga babarirwa muri za miriyoni babishoboye ndetse n'abantu benshi batsindiye igihembo cyitirwe Nobel, umuntu w'umuco waguye mu ndwara zitandukanye cyane kurusha izindi nyamaswa, n'indwara nka sclerose, diyabete, indwara z'umutima na kanseri byiyongera ku buryo buteye ubwoba, bikangisha kurimbura abantu ku isi. Ntabwo nataye igihe cyo gufata mu mutwe ibimenyetso byindwara, amazina na dosiye yimite hamwe nizo formula nyinshi zigoye zidakenewe gake, kuko ntabwo nigeze ngira umugambi wo kwicara ibizamini no kubona impamyabumenyi. Ahubwo, uko bishoboka kwose, nakoresheje igihe cyanjye mukwiga amashami menshi ya siyanse no gusuzuma amasoko atandukanye yubumenyi, nkurikije amahame shingiro kandi rusange nashoboye gukuramo bimwe byingenzi, imyanzuro y'ingenzi.

Ibyavuye mu myaka 18 y'ubushakashatsi bukomaye n'umurimo byagaragaye mu gitabo cy'imibumbe ibiri minini, icya mbere, igitabo cy'impapuro 568, cyasohotse mu kinyarumeniya mu 1960.

Imikorere inoze ya buri ruganda ikurikiza itangwa rimwe ryibikoresho byose byibanze byerekanwe na Engineer

Kugeza igihe habonetse umuriro, hamwe n'ubundi bwami bw'inyamaswa, abantu bari barateje imbere kandi bakora ubwihindurize bwe bakoresheje intungamubiri karemano, mbisi. Ariko kuva havumburwa umuriro, utabanje gutekereza cyane, abagabo bashyize ibiribwa bisanzwe mumuriro, basenya ibyingenzi byingenzi, barabatesha agaciro hanyuma bagaburira imibiri yabo hamwe nabo. Ingaruka zitaziguye, havuyemo indwara zose abantu bose barwaye muri iki gihe.

Ibinyabuzima byabantu ni uruganda ruzima rwubatswe nimbaraga zidacogora za kamere. icyarimwe, hamwe niyubakwa ryuru ruganda, kamere yacu nziza yakoresheje imirasire yizuba kugirango iteze imbere ibikoresho byose bibisi bikenewe kugirango duhuze ibikorwa ibihumbi n'ibihumbi bigoye byibinyabuzima byacu kandi tumenye umusaruro ukwiye. Byongeye kandi, kamere yashyize ibyo bikoresho mbisi muburyo bwuzuye no mubwumvikane butagira ingano bwibigize bitandukanye mu ngano ntoya y'ibigori, mu mbuto yera y'ikomamanga, mu mbuto z'inzabibu cyangwa mu kibabi cy'igihingwa. . Buri kimwe mu biribwa bya "paltry" byafashwe ukwe birimo ibintu byose bikenewe kugirango ibinyabuzima bizima bibeho nkumuntu.

Mwisi yisi ibintu bito cyane gutandukana birambuye yatunganijwe na injeniyeri kugirango ikore neza yuburyo bwuruganda, cyangwa ikosa ryibikoresho fatizo byerekanwe kugirango umusaruro wacyo usanzwe, bivamo gusenyuuka gukwiranye nimikorere yuruganda. Muri ubwo buryo nyene, kwangirika gato cyangwa guhindura ibintu fatizo byagenwe na kamere kugirango habeho imikorere myiza yimikorere igoye yibinyabuzima byabantu bitera imvururu mumikorere isanzwe yibinyabuzima yingingo zacu kandi izo mvururu zigaragara muburyo bwindwara.

Uburyo butandukanye bukoreshwa numuntu mugusenyaga cyangwa gutesha agaciro ibikoresho fatizo byuzuye byuzuye byateganijwe na kamere kugirango imikorere isanzwe y'ibinyabuzima by ntibishobora gutekereza. Kubera icyo mpamvu, umuntu ufite umuco yahimbye inganda zidayimoni, amashyamba, itanura nigikoni. Iyangirika ryose mubiza byibwirwa bisanzwe bikurikirwa no kwangirika gukwiranye nubuzima bwabantu. Imirire karemano itanga imikorere isanzwe, yibinyabuzima byacu, mugihe imirire idasanzwe ikurikirwa no gusohora bidasanzwe imirimo yayo. Ubwinshi bwindwara nigisubizo cyubwinshi butandukanye bwo kwangirika mubigize ibwirwa bisanzwe.

Mugihe ibyo ikomeye byose byujijwe namategeko ya kamere, ibinyabuzima byabantu, icyo kinyabuzima cyuzuye mubwami bwinyamaswa, kirashobora kubaho mubuzima bwiza kuva byibuze imyaka 150 kugeza kumyaka 200-250. Ibirirwa bitetse bihatira ingingo zabantu gukora inshuro nyinshi ubushobozi bwabo busanzwe, kubaniza imburagihe, gutera indwara zitandukanye no kugabanya ubuzima bwumuntu kugeza ku gice cyacyo gisanzwe. Muri icyi gihe cyateye imbere mu bumenyi, umuntu yashoboraga kwikuramo indwara zose yirinzwe burundu ibiryo bitetse hanyuma agashobora gukoresha imbaraga ze mukwiga ibibazo byo ku icyarimwe, hamwe nimirire karemano, umuntu agomba no kumenya neza ko ibyo asabwa bisanzwe byujijwe. Ibi ni umwuka mwiza, gusinzira kare, kubyuka kare, imirimo yumubiri, kwirinda gushyushya ibihimbano, isuku, nibindi.

Indwara zitaziguye kandi zitaziguye

Indwara zimirire zigabanyijemo ibyiciro bibiri byingenzi: bitaziguye n'indwara zitaziguye. Indwara zimirire itaziguye nizo ziterwa nubwinshi bwibigize intungamubiri cyangwa kubura izindi. Ibirirwa byumuriro n'inyamaswa bifite ingaruka zo kwibanda no kongera poroteyine n'amavuta mu ndyo, mu gihe kimwe bikuraho ibintu bifite intungamubiri nyinshi. Siyane kugeza ubu yashoboye kumenya umubare utari muto wibi bintu, byiswe vitamine kandi bitarimo ubuzima

ntishobora kubaho. Mu ndwara zita ku mirire itaziguye harimo gushyirwaho indwara zose zidakira n'indwara zo kubura. Indwara zikura buhoro buhoro kandi rwihihwa. Igihe cyose indwara itaragera mu ntera yanyuma kandi ingingo ntizihagarike gukora, umuntu ku giti cye abona ko ari muzima. Mugihe habuze vitamine igice kandi kivanze, indwara ntabwo igaragara nibimenyetso byihariye bya avitaminose, bisobanurwa mubitabo; ahubwo ituma igaragara mubibazo bitoroshye kubisobanura.

Indwara zifungura zitaziguye nindwara zanduza. Mu binyabuzima byabantu habaho kubaho mikorobe zitandukanye zitandukanye mubihe bisanzwe bitanga serivisi zingirakamaro kubinyabuzima kandi bigengwa ningirabuzimafatizo yihariye (itandukanye), abantu bubahiriza amategeko yabo. Ariko binyuze mu mirire idahwitse ingirabuzimafatizo zangirika kandi zinanutse ku buryo amategeko agenga kurokoka izo mikorobe zibona imbaraga, zikisanzura ku micungire y'utwo tugari, zigomeka kuri ba shebuja, zitera indwara kandi zitera indwara zanduza neza- turazwi.

Rimwe na rimwe, ingabo zitera mikorobe, zaba zarahuye n'abatavuga rumwe na leta mu binyabuzima bizima kandi zikaba zarimbuwe icyarimwe, ntizihura n'abatavuga rumwe n'ibinyabuzima byacitse intege kandi bitera ubwandu bwihariye.

Mu gitabo cya kabiri cy'igitabo cyanjye cyo muri Arumeniya, natanze umwanya munini ku kibazo cy'indwara zandura, kugira ngo nsuzume nasesenguye ibice bimwe na bimwe by'igitabo cya mbere cy'igitabo kivuga ngo "Pathologiya Anatomy na Pathogenezezi y'indwara z'abantu" by umuhanga mu bya siyansi w'Abasoviyeti IV Davydovsky, yasohowe mu 1956. Binyuze mu bintu byinshi byemeza, umwanditsi yerekanye ko atari mikorobe ubwazo ari zo nyirabayazana wo guteza indwara zandura, ahubwo ko imiterere mibi y'umubiri, kugabanuka kw'imbaraga zayo ubudahangarwa. Ariko ikibabaje, kimwe nabandi banywa ibiryo batetse, Davydovsky, nawe, ntashobora gusobanura uburyo dushobora kugarura ubwo budahangarwa cyangwa, nibyiza, twirinda kugabanuka.

Ubwoba bwa mikorobe bwateye ubwoba abagabo kuburyo kubuhunga bitabaje ingamba ziteye akaga nyamara bakabona ibisubizo bitandukanye rwose. Guteka ibiryo bibisi kugirango wirinde mikorobe ni rimwe mu makosa akomeye mubumenyi bwubuvuzi.

Ntidushobora gutsemba mikorobe ku isi. Baboneka ahantu hose, bizahoraho kandi birashobora kwinjira mubinyabuzima byacu binyuze mumiyoboro inyuranye. By'umwihariko, muguteka ibiryo byacu mbere ya byose tugabanya intege nke za selile hanyuma tugasenya mubiribwa byacu antibiyotike karemano yagenewe na kamere yo kurwanya mikorobe. Ndetse n'abaganga bamenyereye ibiryo bitetse bemeza ko vitamine nyinshi zangirika ku muriro, zifite imiterere ya bagiteri. Niyo mpamvu inyamaswa zirisha ibirundo by'imyanda zidakunze kwibasirwa n'indwara zandura nk'uko umuntu ameze.

Akagari ka Kanseri ni Urubyaro rutaziguye Ibiryo

Abarya-benshi batetse bakunda kumva ko kubera ko umuntu amaze imyaka myinshi agaburira ibiryo bitetse, agomba kubimenyera kandi noneho ashobora kubabara aramutse atangiye kurya ibiryo bibisi icyarimwe. Muyandi magambo, niba twujuje moteri-moteri na peteroli yanduye kandi ntoya mugihe runaka, moteri irashobora kuba yarayimenyereye kandi irashobora kwangirika niba peteroli yanduye isimbuwe na lisansi isukuye.

Mbere ya byose, igihe cyimyaka ibihumbi bike ntakintu nakimwe ugereraniye na miliyari yimyaka aho, hamwe nabasekuruza be, umuntu yabayeho kandi akiteza imbere gusa kubiryo bibisi. Uretse ibyo, mu by'ukuri, uwo muntu ntabwo yamenyereye ibiryo bitetse bigaragazwa no kuba hariho indwara, zikabura hanyuma ibinyabuzima bigasubira mu mirimo isanzwe iyo umuntu amaze kwitabaza intungamubiri mbisi.

Nibyo koko amategako yubwihindurize ibinyabuzima byacu bigerageza kumenyera ubwayo kubiryo yakira, ariko ntabwo muburyo abantu bamwe batekereza. Ibyo bigize intungamubiri zibyokurya nibyingenzi mubikorwa bigoye kandi nibikorwa byingenzi byingenzi bigize selile birangirika byoroshye bitewe numuriro. Kubwibyo

ibiribwa bifatwa nkitungamubiri nabarya batetse babura ibyo bintu byingenzi, ariko ahubwo bifite proteine nyinshi, amavuta na karubone, inshuro nyinshi zirenze ibyo ingirabuzimafatizo zisabwa.

Kuba udahwema kwamburwa ibyo bifite intungamubiri zingirakamaro mu gusohozza imirimo yabo yo hejuru, ingirabuzimafatizo ntizigera zigera ku majyambere yazo n'umwihariko cyangwa, iyo zimaze kubigeraho, nyuma zitakaza ubushobozi bwo gukora iyo mirimo. Nyuma yimyaka myinshi yo kwihererana no kwihangana, haza umunsi umwe murimwe muri za milliard za selile, zambuwe ubushobozi zisigaye, amaherezo zikarekurwa muburyo bugabanya imikurire yimikorere. Baca bitandukanya nubuzima bwa komine, bahinduka ubwigenge kandi bakarya bikabije ibyo bikoresho byubaka tissue byoga mumazi hagati ya selile nyinshi, bamaze kwangwa ningirabuzimafatizo zisanze nkibirenze ibyo bakeneye, kandi byishimye. ishimwe nabahanga mubuzima bwa gastrolatrous - proteyine (cyane cyane proteine zinyamanswa), ibinure nibintu byose bya azote. Nyuma yibyo, bakura ku muvuduko uteye ubwoba, batitonde kandi barigomeka, kandi bakagwira mu buryo butajegajega kugira ngo babe imbaga iteye ubwoba, ikiremwa gishya kizima, mu gihe cyo gukura kwacyo kugabanuka, gusenya ibintu byose bikikije kandi amaherezo umunsi umwe mwiza. amanura iyo nyubako nziza, umubiri wumuntu. Izina ryicyo kiremwa gishya ni kanseri. Nuruvyaro rwukuri rwibiryo bitetse, gihamya nzima yukuntu ingirabuzimafatizo zahujwe nimiterere yibiribwa byabagabo kumara.

Igihe ubuzima bwagaragaye bwa mbere kuri iyi si, kamere yari ifite gusa ibikoresho byibanze byubaka (proteyine, amavuta na karubone), aho byatangiriyeho kurema ibinyabuzima byambere bifite ingirabuzimafatizo imwe. Nkuko hiyongereyeho silinderi, ibikoresho cyangwa utuntu duto injeniyeri yongera imikorere mishya muruganda rwe, nuko rero nyuma yo kongeramo ikintu gishya mubikoresho byubaka (umubiri wimboga), kamere yongera imikorere mishya mubice byinyamaswa. Uyu murimo utoroshye watumye ibidukikije bihugira mumyaka miriyari, muricyo gihe yateje imbere ibikoresho byayo biva muri bagiteri is

imbuto tuzi muri iki gihe, kandi binyuze mu kigo cy'ibikoresho fatizo by'imboga, ariko icyarimwe n'ihindagurika ryabyo, byateje imbere ibinyabuzima by'innyamanswa imwe yaremye inyamaswa nziza.

Kubwamahirwe, nyuma yo kuvumbura umuriro, ubwihindurize karemano bwumuntu bwarahagaze kandi ikirushijeho kuba kibi, kiratera imbere ku muvuduko w'igihangange. Umuriro nubundi buryo busekeje bwo kwangirika bwahimbwe numuntu ufite umuco wangiza imitungo yitungamubiri isumba iyindi yabitswe mugihe cyimyaka miriyari mubiribwa karemano hanyuma bikavamo ingirabuzimafatizo zinyamaswa, hanyuma ikabisubiza mubwoko bwabo bwa mbere, ariko hamwe numwete mwinshi batanga ibikoresho byubaka bisanzwe bikora kugirango imikurire itagira intego. Ingirabuzimafatizo za kanseri ni urugero rwukuri rw'utwo turingo ngengabuzima. Kubatareba kure abahanga mubinyabuzima ibikoresho byubaka umubiri ni proteyine, ni ukuvuga amabuye n'amatafari gusa byubatswe cyane. Ntabwo bashishikajwe nubwoko butandukanye bwa minisiteri no muburyo burambuye ari ngombwa mu kubaka uruganda rugoye, kandi rutabaho muri beefsteak cyangwa barbecue.

Mu gitabo cya kabiri cy'igitabo cyanyje cyo muri Arumeniya, niyeguriye hafi Impapuro 300 kugirango dusuzume ikibazo cyinkomoko ya kanseri. Kubwiyi ntego, nasuzumye inyandiko yingenzi yakozwe numunyamerika uzwi cyane wa cytologue w'umunyamerika witwa EV Cowdry yise "Ingirabuzimafatizo za Kanseri" (1955), ikaba ari yo irambiranye cyane mu bushakashatsi butandukanye kuri icyo ngingo kandi bukusanyirizwamo ubushakashatsi bw'ingenzi, amakuru, ibitekerezo n'imyanzuro byatangajwe nabahanga benshi bazwi. Nkurikije amakuru yubushakashatsi yabonetse naba cytologiste ubwabo, nerekaneye neza ko selile kanseri ituruka kubura ikibazo cyitungamubiri zirenze urugero hamwe nubwinshi bwibikoresho rusange byubaka bitera gukura kwintego zidafite intego.

Kunywa Ibiryo Bitetse Nibyago Byinshi Muri Byose Ingeso

Umusomyi arashobora kwibaza impamvu ntanumwe mubahanga benshi mubumenyi naba professeur babona uku kuri kworoshye n'impamvu ntamuntu utubwira ko ingeso yo kurya ibiryo bitetse bidasanzwe kandi biteje akaga. Impamvu nuko abantu bose ari abantu banywa ibiryo kandi ibiyobyabwenge byahumye abantu bose. Ntamuntu numwe uzi ko guteka-kurya ari bibi kandi ko mubyukuri ari bibi cyane mubibi byose. Ntabwo ari irari nyuma yubwoko bumwe gusa, ahubwo ni igiteranyo cyuzuye cyo kwifuza gukabije kubintu ibihumbi (hamwe niki "gitangaje," "cyifuzwa" kuri ibyo!). Uretse ibyo, abareba-batareba kure-barya babona ubukire nindashyikirwa mubwinshi bwo kwangirika kwibiryo byibiribwa, mugihe aribwo ubwinshi bwimyenda itera kubyara ubwinshi bwibyagitse, ibyerekanwa nyabyo birashobora kugaragara muburwayi butandukanye bwiganje kwisi.

Umuntu aba yarabaswe nibi bintu birimo uburozi, nkicyayi, ikawa, kakao, itabi, inzoga, opium, kokayine, morphine, nibindi. Kurarikira cyane ibyo bintu biterwa nuburozi bukwiranye bwakusanyirijwe mubinyabuzima byabantu. Ibiri bwa bitetse bitanga uburozi butandukanye, mugihe cyigihe, bikabikwa mubice bitandukanye byibinyabuzima, nko kurukuta rwimitsi na capillaries, hagati yingingo, hagati ya selile yibinure nahandi. Nkuko kwifuza umuntu wabaswe nibiyobyabwenge bya heroine bidaturuka kumubiri usanzwe ukenera umubiri we, niko kwifuza kurya-guteka ibiryo bitetse, kumva afite inzara, ntabwo aribisanzwe bisanzwe mubinyabuzima bye; ahubwo ni icyifuzo cyo kuba yarabaswe. Nibigaragaza imbaraga ziterwa nuburozi bwakusanyirijwe mu binyabuzima byabantu; nikibazo cyindwara ziba mumubiri, umuhamagaro wumwanzi mubi wumuntu.

Iyo ngaruka mbi yinjijwe mumubiri wa buri muntu n'ababyeyi be bwite, uhereye kumurongo. Niyo mpamvu rero igihe umwana atangiye kubwitondera no gutangira kuvuga, ibiyobyabwenge byamaze kumufata neza kandi kuva uwo mwanya kugeza ubuzima bwe burangiye abona ko ibiryo bitetse ari indyo ye isanzwe no kwifuza kwe.

kubwibyo asabwa kumubiri; niho yibeshya kubera inzara nyayo.

Gusaba ibiryo bitetse ntabwo ari inzara

Iyo urya-utetse agerageje kugaburira ibiryo bisanzwe gusa, nka ŷŷŷ u, ibinyampeke, imbuto mbisi n'imboga, kandi ntagitwe ubushake bwo kurya ubwoko ubwo aribwo bwose, ibyifuzo bisanzwe byibinyabuzima bye birahita byuzuzwa kandi arahaze. Ariko, nubwo bimeze guto, niyo yagombye kuba yaramaze gufata inshuro nyinshi ibyo asabwa buri muni byibiribwa, aracyitwara nkaho ntacyo yariye kandi yumva akeneye cyane ibyokurya byinyama zimaze igihe kinini, bikize kandi bifungura. Iyi si inzara ukundi. Nuburakari buterwa nuburozi bwabitswe mumubiri none busaba uburozi bushya. Ni gutaka kw'abadayimoni kuryanye hariya kandi bisaba ibikoreshe bishya byo gutanyagura ibinyabuzima by'abantu. Abashishoza, bafite ubushake-barya mbisi-bumva bumva barira muminsi yose yumunsi umunsi kuwundi, ariko akabyirengagiza nubugingo bwe bwose kandi ntakora akantu kamwe ko kwemererwa.

Kurya Bitetse bihatira inzego zabantu gukora

Inshuro eshatu kugeza enye Ubushobozi bwabo busanzwe

Ibice byose byabantu bifite ububiko bwingufu zisanzwe.

Mubisanzwe, bakora kuri kimwe cya kane cyubushobozi bwabo, bagumana imbaraga zabo zisigaye kugirango bazikoreshe nyuma mugihe cyihutirwa kidasanzwe cyangwa mubusaza. Rero, mubihe "bisanzwe" umuvuduko wumutima ni 70-

72 gukubitwa kumunota (mugihe uwariye-mbisi ari 58-62 gusa), mubihe bidasanzwe birashobora kuzamurwa bikubitwa inshuro zirenga 200 kumunota.

Na none kandi, mugihe cyo guhumeka bisanzwe 500 cc yumuyaga inyura mumahaha no hanze, ariko kubwimbaraga zidasanzwe zubuhumekero dushobora gutera imbaraga nka 3700 cc

Urya mbisi akoreshe ingingo zigogora kuri kimwe cya kane ubushobozi bwabo bushoboka, nkigisubizo cyuko ingingo ziwe zitigera ziremererwa cyangwa ngo zinanizwe. Ku rundi ruhande, abarya batetse, nyuma yo gukangura ubushake bwo kurya akoresheje refleksi itondekanya, bikarakaza

ibirungo, aperitifs nibindi bitera imbaraga bidasobanutse, byuzuza igifu cye kuburyo ingingo zifunguro zihatirwa gushyira mubikorwa imbaraga zabo zose zabigenewe kandi niyo mpamvu zidashobora guhangana nicyo zisabwa. Aho ku muntu ahatirwa gusubiza ibiryo biteye ishozi kumuyoboro umwe nkuko yabyohereje cyangwa kubirukana mu mara hamwe na purgatori. Igitangaje ni uko ibikorwa nkibi bitera isesemi bidafatwa nkibidasanzwe nabarya batetse.

Kurenza urugero rwimyanya yumubiri igize ingingo nyinshi zingirakamaro zashyizwe kumurimo, nkumutima, umwijima nimpiko. Imirimo yinyongera ikorwa nizi ngingo vuba ifite ingaruka zo kubananiza no kubashyira mubikorwa imbura gihe. Ntabwo bitangaje rero ko nkigisubizo ubuzima bwumuntu bugabanuka inshuro nyinshi. Mu kugaburira ibintu bidafite akamaro, byangiza kandi bifite uburozi umuntu wabaswe nibiryo ashimisha irari rye, agahagarika ibikorwa byigifu cye, kandi akirema ubwe kwibeshya ko anyuzwe, mugihe selile ye, mubyukuri, yinubira inzara kubera kubura intungamubiri zingenzi. . Inda yabarya mbisi ihora iruhutse, nubwo muri rusange iba irimo ubusa, ariko umubiri we rwose wuzuye kandi unyuzwe muburyo nyabwo bwijambo.

Iyo abarya batetse bahisemo guhinduka bakarya mbisi, ubanza ntabwo yumva anyuzwe, niyo yaba aya bingana iki. Mubisanze aho kumva bishimye, abanywa ibiryo bumva batishimiye iyo miterere. Ku bwabo, impamvu y'inzara yabo idahwema kuba mu kuba ibiribwa barya bifite agaciro gake ku mirire kandi bidafite agaciro nkintungamubiri. Ibi nibitekerezo bibi. Ibinyuranye nibyo, ibyo biribwa bifite intungamubiri kandi byuzuye. Ingirabuzimafatizo zabantu zimaze imyaka zibabazwa kuva zidahari. Ubushobozi bwimyanya yumubiri yumuntu buhuye neza nuburyo bugizwe nuburyo butunganijwe. Niyo mpamvu igifu cyishimiye kwakira ibyo biribwa, koroha vuba no kubigeza mu mara bidatinze cyane, mugihe ingirabuzimafatizo nazo ubwazo, zinanutse kandi zigacika intege nkuko ziri hamwe ninzara, bikurura cyane ibyo bintu byagaciro kandi bigasaba inshuro nyinshi kandi byinshi muri byo.

Ingirabuzimafatizo zirwaye zirakira, izifite imbaraga zisubirana, zidakora zigarura imbaraga. Ku rundi ruhande, ibinure by'amavuta, bitangira gushonga binyuze mu nzara, kwirundanya kw'uburozi bigenda bishira buhoro buhoro kandi amazi arenze urugero ava mu mubiri. Noneho ibisanzwe, ingirabuzimafatizo zikora zifata umwanya wizo selile zoroheje zabyibushye hamwe no kudakora no kudakora. Gutakaza vuba mubiro byumubiri nikimenyetso simusiga cyubuzima bwiza nimbaraga.

Uku kuri kugomba kuzuza umutima wumugabo umunezero n'ibyishimo. Kuri izo ntungamubiri zahise zikwirakwira mu mubiri we kandi zimuha ubuzima, imbaraga, imbaraga n'imbaraga. Ni ubwambere mubuzima bwe ko nubwo ingingo zose na glande zose zibona ibyokurya byinshi, bashoboye gukora neza kandi byoroshye. Nubwo kuri uriya munsu, afata ibiryo byinshi cyane kuruta ibinyabuzima bye bisaba, cyangwa amara ye ningirabuzimafatizo bigashobora kwinjirira, igifu cye ntikizabyanga, kandi ntikizamutera muri we kumva isesemi, bikamutera kuyirukana n'urugomo n'imbaraga. Ibiri bwa birenze ibyo akeneye bisanzwe ntibizaguma mu gifu ngo bitere gushira; ntibazahindurwa uburozi cyangwa kuzana indwara iyo ari yo yose. Ahubwo, badakoresheje igogora bazahita banyura bagize igifu mu mara hanyuma bazahita basiga umubiri hamwe numwanda kuri uwo munsu nyine, ntibaba barangije kwangiza ibinyabuzima. Rero, igifu cye kizahora cyoroheje, mugihe amara ye namaraso bizaba byuzuye intungamubiri zuzuye.

Noneho mumwanya nkuyu, reka agerageze kurya ibiryo bike byokurya bitetse. Inda ye izanga uburakari ibyo bintu bidasanzwe kandi bidakenewe. Nubwo umunezero ukabije amagage ye yumva, ayo mavuta azaryama munda igihe kirekire, bazakora nk'ikibuza guhagarika ifunguro rye kandi bizahagarika inzira isanzwe y'ibikorwa bye byo kurya. Ariko urya utetse aranyuzwe rwose kandi yishimiye iyo miterere, kuko amaze guhaza irari rye, yujuje igifu none "yuzuye." Umugabo uzi agaciro ko kurya-mbisi atinya iyo miterere. Yumva neza ko intungamubiri mbisi mbisi zitunga umubiri, mugihe abapfuye ari

sohoka mumuriro ni lisansi gusa, ninkomoko yuburozi nindwara zitandukanye.

**Imirire yumuntu igomba kuba igizwe ningirabuzimafatizo nzima kandi
Ntabwo Imirambo y'utugari twapfuye**

Ibiribwa byuzuye byuzuye bigizwe na selile nzima. Noneho imboga zibisi, nyuma yo kuva kwisi, ziguma ari muzima igihe kirekire. Rosebud ikomeje kumera muri vase, mugihe ibinyampeke bimera nyuma yo kwegeranya. Ariko ingirabuzimafatizo zinyamaswa zishwe cyangwa iz'amata yibwe mumibiri yabo zipfa icyarimwe, hanyuma zigatangira guseniyuka zigahinduka uburozi, mugihe guteka bihindura mubintu biteye ubwoba rwose. Kubona poroteyine zinyamanswa ziruta poroteyine zikomoka ku bimera ni ikosa ribabaje cyane ryo guca imanza, ni ikimenyetso kigaragaza ko kutareba kure kw'abahanga mu binyabuzima basenga inyama. Niba twemera ko ibinyabuzima bikwirakwiza poroteyine zikomoka ku bimera bikabihindura intungamubiri zuzuye, noneho inyama z'izo nyamaswa nk'imbwebwe, impyisi, imbwa, injangwe n'ingwe zirisha kuri poroteyine "zuzuye neza" zigomba kuba za agaciro gakomeye cyane; mugihe imiterere yuburozi yinyama zinyamaswa nkiyi iragaragara kuburyo nabanywa inyama bitanze cyane batinyuka kubigaburira.

Abo biologiste basabwa nubushake bwabo kuri shakisha ibyiza byihariye mu nyama, mu kuvumbura icyitwa acide aminide idasimburwa nticyitaye ku gikorwa ko acide amine ikomoka ku byatsi bisanzwe bikoreshwa n'inyamaswa Ukurikije itegeko rya siyanse rifite ibinyabuzima byinka bifite ubushobozi bwo kora aside amine ivuye mu byatsi bibi n'ibyatsi, ariko ibinyabuzima by'umugabo ntibifite uburyo bwo gutegura ibimera bimwe bivuye mu biribwa by'imboga bifite intungamubiri nyinshi? Nigute miriyoni y'Abahinde babaho badafite aside amine itangwa ninyama?

Kutareba kure ni Inenge ikomeye yubuvuzi Ubumenyi

Ikosa rikomeye ry'abahanga mu binyabuzima bamenyereye ibiryo bitetse ni ukutareba kwabo. Bhanze amaso kuri ibyo byago bigaragara ko ari bito kandi ntibateganya ingaruka zikomeye bitinde bitebuke bituruka ku mpamvu zisa naho ari nto. Reka tugaragaze ibyo tuvuga kuburorero buke. Amafunguro yatetse, cyane cyane ibiryo by'inyama, byuzuye uburozi. Noneho, ntamuntu numwe ubona uburozi budashira bugenda butagaragara mugihe cyose ndetse niyo biturutse kuburozi nkubwo umwijima, umutima cyangwa impyiko byangiritse mugihe, indwara iterwa nimpamvu zitazwi. Iyo uburozi bugikabije kandi buherekejwe nimpiswi no kuruka, bifatwa nkindwara yo munda. Mu kuroga bumva gusa iyo miterere igira ingaruka ku binyabuzima byose kandi ikangisha uwahohotewe urupfu. Mbega ubuzima bw'inzirakarengane zitangwa muri ubu buryo!

Abagabo ntibabona umwanda unyura mu mitsi no mu mitsi unyuze mu biryo buri munsu, kandi iyo wicaye umurongo ukurikiranye ku nkuta z'imitsi, ukagabanya inzira zabo ugahita uhagarika gutembera kw'amaraso umunsu umwe, mugufi -abantu bareba neza bafata ibyabaye "bitunguranye."

Abagabo ntibabona umuvuduko ukabije watewe n'amazi menshi y'umwuzure yihuta yerekeza ku rugomero rwa mamont rufite ubushobozi bwa toni miliyoni. Ariko iyo urwo rugomero, runyeganyega igihe kirekire bitewe n'amazi y'umwuzure, rusenyutse amaherezo, icyataye gusenye kwayo kwitwa ibuye ryatewe ku bw'impanuka n'umwana muto. Tumaze kubona igitekerezo gikwiye abarya mbisi bafite kubitera kanseri. Kurwanya ibi, 400 "kanseri ya kanseri" twagejejweho n'abahanga mu bushakashatsi, babaswe n'ibibwa bitetse, muri byo hakaba harimo ibintu nko guterwa imashini no gutwika itabi, nta gaciro bifite kuruta ibuye ryatewe n'umwana.

Buri rugingo rufite amamiriyoni yingirabuzimafatizo nimirimo ihuriweho imirimo ikorwa. Iyo intungamubiri zashyizwe kuri izo selile zidafite ibintu bimwe na bimwe byingenzi, ingirabuzimafatizo zitangira gutakaza imbaraga zazo zikagwa nabi. Ingufu zingufu ubu zinjiye mumurima, ariko nazo, zirashize. Igihe cyose urugingo rukora imirimo yarwo muburyo runaka cyangwa ubundi, abantu batareba kure ntibabona itara ritukura; ariko iyo amaherezo isigaye inyuma mubikorwa byayo, bavuga ko urugingo nkurwo rurwaye kandi rwifashisha imiti. Ariko, birashoboka ko ibinini bike cyangwa ikinini cyuburozi gishobora gusimbuza intungamubiri zibiryo byibibwira byatwitswe hejuru yumuriro imyaka myinshi hanyuma bigasubira mu tugari twamugaye ubushobozi bwabo bwatakaye kubikorwa byihariye?

Nyuma yo kuryama mu muyoboro wa alimentary iminsi, imbaga yinyama, amagi, amavuta na foromaje byatewe no gutera amara, ibimenyetso bikunze kugaragara ni impiswi. Ariko iyo umwana agaragaje ibimenyetso byimpiswi, amakosa yose ashirwa kumpu nke zimbuto zigaragara mumyanda. Ntamuntu ubaza uburyo uruhu rwimbuto rushobora gutera uburibwe munda yumwana mugihe, batiriwe bagabanuka cyangwa kubora, basize umubiri udahindutse mumasaha make binjiye. Ibyago byose bituruka ku kuba abantu bafata amagi, inyama, amavuta n'ubuki nk'ibibwira bisanzwe kandi by'ingenzi, ariko imbuto nk'ikintu cya kabiri, gishobora kuribwa cyangwa kutaribwa. Rimwe na rimwe, usanga ari ngombwa kubuza abana kurya imbuto kugira ngo "badashyira igifu cyabo ku rutonde."

Uburemere bwabarya batetse ntibushobora gufatwa nkigipimo cyubuzima bwiza.

Umubyibuho ukabije nindwara mbi cyane

Igihe cyose ibinyabuzima byabantu bigishoboye kurwanya ibidasanzwe indyo no gukomeza urugamba rwo kuyirwanya, ibibazo bitandukanye bituma bagaragara, nko kubura ubushake bwo kurya, kutarya, gastrite nizindi ndwara zifata igifu, kolite, nibindi. Ibi byose nibigaragaza inyuma kurugamba rwibinyabuzima rwo gukoresha inzira zose kurirwo

kujugunywa kugirango uhindure ingaruka mbi ziterwa nimirire idasanzwe no kwirukana mumubiri ibintu byuburozi byakozwe nayo. Umurwayi atangira kunanuka hanyuma bagerageza kumukomeza bamuha amafunguro "yitungamubiri". Umunsi ibinyabuzima byatsinzwe amaherezo urugamba rwarwo rukarangira, umuntu asezero kuri iyi si cyangwa, kurundi ruhande, ubushake bwe bwiyongera atangira kurya adahagije, gusya neza, kubyibuha, "kugira ngo agarure ubuzima bwe n'imbaraga. " Mu yandi magambo, kuri uwo munsi ibinyabuzima byabantu, bireka urugamba rwacyo, "bihuza" n'imirire idasanzwe kandi urufatiro rushyirwaho imwe mu ndwara zangiza cyane abantu - umubiri wa kamere.

Bitewe nigitutu cyamafunguro adasanzwe, umubiri uhatirwa kwiyakira no kwinjira mubinyabuzima byegeranya ibintu bitandukanye byangiza biterwa nindyo nkiyi. Kubitsa noneho bigizwe namavuta, acide uric nibiyikomokaho, cholesterine, umunyu usanzwe, amazi arenze urugero, calculi, ibibyimba, ibibyimba, ingirabuzimafatizo zidakora na parasitike, selile nini nini (polykaryocytes), selile zifite nuclei nini (megakaryocytes), nibindi. Rimwe na rimwe, utugingo ngengabuzima tugera ku ncuro magana ubunini bwa selile zisanzwe, ariko zikabura ubushobozi bwo gukora umurimo uwo ariwo wose w'ingirakamaro.

Izo monstries zose zirundanya mumubiri kugirango zireme mumugabo kwibeshya k'ubuzima n'imbaraga, mugihe mubyukuri arwaye gucika intege. Imitsi ye iracika intege kandi igacika intege, umubare w'utugingo ngengabuzima twihariye kandi dukora ugenda wiyongera, kandi ingingo zayo zikaba impfabusa. Abo bagabo "b'intagondwa," "bakomeye" bafite ibibyimba byinshi, amaboko manini yuzuye ibinure, amaboko ya podgy hamwe n'ibinure byinshi byamavuta, isi yacu igwira, mubyukuri, skeleti yuzuye uruhu. Buri wese muri bo yapakiye imitsi ye ifite intege nke kandi zinanutse intama zibyibushye, agaburira ku buntu kandi atwara ahantu hose wenyine. Ariko, igitangaje nukuvuga, abantu nkabo bahora birata ubuzima bwabo, imbaraga nimb Bishimira cyane ubudahangarwa bwabo ku buryo, igihe cyose bikozwe mu biganiriro, bakora ku giti cyangwa, mu Burasirazuba, barira; kugira ngo batazabura ingano y'ibiro byabo bakunda. Umuntu arashobora kuzuza imibumbe icumi hamwe nurugero rwibintu nkibi bibabaje-kureba kure.

Nta muti ushobora gusimbuza ibikoresho byangiritse byangiritse ku muriro

Imiti yose ikoreshwa muri rusange ni ibimenyetso. Muyandi magambo, bakora nka palliative kugirango batange umurwayi wigihe gito cyangwa bahishe ibimenyetso byindwara. Ntakintu na kimwe bashobora gufata umwanya witungamubiri mbisi zangiritse mumasafuriya. Abahanga benshi mu bya siyansi bakomeye barabura rwose gukoresha ibiyobyabwenge. Mu Bwongereza, nyuma y'ubushakashatsi bukomeye bwakozwe mu gihe cy'imyaka ine nigice ku gice kinini cy'imibereho myiza y'abongereza, abahanga mu binyabuzima ba Peckham bageze ku mwanzuro w'uko icyenda ku ijana by'abaturage bonyine bishimiye ubuzima bwiza; abantu 91 ku ijana basigaye barwaye, nubwo benshi muri bo batari bazi uburwayi bwabo. Nyuma yo kuvurwa kwa muganga umwanzuro wabo ni uko hafi ya yose usibye imvururu zose zatoranijwe kuvurwa zasubije ubuvuzi, ariko nyuma yaho hagaragaye ihungabana rikomeye mu buzima rusange bw'abarwayi. Ibi bivuze ko ibiyobyabwenge bihisha gusa ibimenyetso byindwara, mugihe ibibi bakora byiyongera kubinyabuzima bimaze gucika intege kugirango imiterere yabyo irusheho kuba mibi.

Kubwibyo, umuntu wese wifuza kutarwara cyangwa, niba yararwaye, kugarura ubuzima bwe ntagomba gushingira ibyiringiro bye ku biyobyabwenge; ahubwo agomba kwirinda gufata ibiryo nibiyobyabwenge bidasanze, kandi agomba kubaho akurikiza amategeko yibidukikije kurya-mbisi!

Ubu ni bwo buryo nyabwo, butekanye kandi bwa siyansi, mu gihe imiti ivura imiti ari iyo kuvuga Bircher-Benner, gusa "uburiganya n'uburiganya." Njye mbona, birashobora kwitwa bikwiye kwibeshya no kwibeshya. Nietzsche yise ibiyobyabwenge "gukubita ikiboko." Abaganga barashobora kwiyezeza byoroshye ukuri kwamagambo yanjye bagabanya abarwayi babo mubitaro mumatsinda abiri angana, bakavura rimwe muritsinda bakoresheje ibiyobyabwenge nibiryo bitetse, irindi bakarya ibiryo bibisi gusa, hanyuma bakagereranya ibisubizo byombi hamwe na hamwe. Iki nikizamini cyibanze kandi gifatika, bitabaye ibyo impaka zose zirwanya kurya-mbuto zizakomeza kuba nta gaciro cyangwa agaciro gake. Reka tugaragaze ibyo tuvuga ku ngero nke zivuye mu kuvura imiti.

Ububabare nikimenyetso cyo kuburira ko umubiri uri mukaga, gutaka ibinyabuzima byacu kugirango bidufashe. Ariko aho kugirango dukureho akaga, twica imitsi itanga ibiyumvo byiyi kaga mubwonko bwacu kandi tugacecekesha ijwi ryabo nuburozi. Hagati aho, indwara ifata inzira byanze bikunze, ikiyongera ubu n'ingaruka mbi zibiyobyabwenge. Gutanga urundi rugero: iyo ibice byimitsi yacu bigenda bikura byuzuyemo umwanda, umutima ugomba gukoresha imbaraga nyinshi kugirango uzenguruke amaraso mumubiri kandi kubwibyo umuvuduko wamaraso urazamuka. Ariko aho kugirango dusukure imiyoboro yamaraso yiyo myanda, dukoresha gusa uburozi kugirango dukangure iyo mitsi ishoboye kurambura no kwagura inzira zabo. Igihe cyose rero ingaruka zuburozi zimara, amaraso atembera mumitsi mu bwisanzure kandi umuvuduko ukagabanuka byigihe gito. Nyamara, ingaruka zayo zikimara kurangira, imiyoboro isubira uko yari imeze uko yarushijeho gucika intege kubera ibikorwa byibiyobyabwenge byakoreshejwe.

Nta muti udafite ingaruka mbi ku binyabuzima.

Ariko vuba aha niho hagaragaye ibitabo bike bivuga kuri iyi ngingo, kimwe muri byo, "Imyitwarire yo Kuvura Ibiyobyabwenge" (1955), cyanditswe na Dr. Harry L. Alexander, Porofeseri Emeritus w'ubuvuzi bw'amavuriro, Ishuri ry'Ubuwuzi rya kaminuza ya Washington. , iduha amakuru menshi yingirakamaro. Birumvikana ko muri rusange ibiyobyabwenge bibazwa izo ngaruka gusa nigisubizo gihita cyica uwahohotewe cyangwa kigaragara muburyo bwindwara zikomeye. Nubwo bimeze bityo, kimwe gusa mu gihumbi muri ibyo bibazo byanditswe; abasigaye baguma mubyibagirwa ubuziraherezo.

Bimaze kugaragara ko buri kimwe mu bintu 350.000 zikoresheya mugutegura imiti irashobora gutera ibibazo. Ariko muri ibyo harimo akaga cyane ni penisiline, aureomycine, streptomycine, imiti ya mercure, itsinda rya sulphonamide ryibiyobyabwenge, digitalis, inkingo, serumu, vitamine yubukorikori (thiamine, niacin, nibindi), atophan, cortisone, umwijima, insuline, adrenaline nibindi byinshi ibindi biyobyabwenge bikoresheya.

Ni ngombwa gutanga iki kibazo witonze cyane.

Vitamine ya sintetike hamwe n'ibikomoka ku buhinzi, abantu bifuza gusimbuza intungamubiri n'ibicuruzwa byabo byatwitse mu gikoni, byica umuntu ku muvuduko w'umurabyo, akenshi mu minota itanu nyuma yo kwinjira mu mubiri. Mu 1951, miliyoni 324, naho mu 1952, garama miliyoni 350 za penisiline yonyine zatwe mu maraso y'umuntu hagamijwe gusimbuza antibiyotike karemano yatwitse mu gikoni.

Nyuma yo kwinjizwa mu mubiri w'umuntu, ibiyobyabwenge byica abantu ibihumbi, rimwe na rimwe mu minota itanu kugeza ku icumi, binyuze muri anaphylaxis, mu gihe abandi ibihumbi mirongo barwaye indwara nyinshi, aho twavuga nka nettle-rash, dermatitis, bikabije. ubushyuhe, eczema, purpura, asima ya bronchial, polyarterite, cirrhose yumwijima, jaundice, nephritis, nephrosis, anemia aplastique, indwara ya serumu na scabies.

Abantu bifuza guhuma amaso inshingano z'iyi miti mu guteza izo mpfu n'indwara, no gushinja amakosa ku buryo bukabije bw'umubiri. Ariko kubijyanye niki gitera iyi sensibilité super, barengana ikibazo bucece.

Bana banjye bakenye bakunze kwibasiwa nindwara nindwara zuruho inshuro nyinshi mumwaka. Twahoraga tugerageza gushakisha amakosa mubiryo bariye, mugihe abaganga batanze udupapuro twandikiwe ntabwo bigeze bavuga ijamba kubyerekeye ububi bwibiyobyabwenge banditse. Kimwe na miriyoni z'abandi, twizeraga ko imiti yari iyo gukiza abantu gusa, atari iyo kubarwara. Igihe kimwe abana banjye bombi bashyizwe hamwe na jaundice kumunsi umwe. Twaratangaye cyane, kuko twari tuzi ko jaundice atari indwara yanduza kugira ngo bombi babone hamwe. Uyu munsi, nta kindi nshobora gukora ngo ngabanye umutimanama wanjye uretse kuburira abandi babyeyi akaga nk'ako.

Muri iki gihe, birababaje kubona uburyo ibiyobyabwenge biteye akaga bikunzwe hifashishijwe indirimbo ziriyoshye n'amashusho meza nkibintu byingirakamaro bishobora gufatwa burimunsi. Mu bihugu bimwe, rwose,

ubuvuzi na farumasi byahindutse impungenge zikomeye zubucuruzi no kunguka.

Kurya nabi bizahita bihagarika ikoreshwa ryibiyobyabwenge byubwoko bwose, kuko mugihe hatabayeho indwara ntizizaba zikeneye ibiyobyabwenge. Indwara nigicuruzwa cyo kwangirika kwibiribwa; zirashobora kuneshwa gusa, kubwibyo, mugukosora imirire yacu. Ibyo tugerageza gutsinda byose dukoresheje ibiyobyabwenge ni akaga gakomeye, ubushakashatsi butagira ubwenge bugomba gutsindwa. Burya ingaruka zabo zibabaje zitureba mumaso.

Ubwoko bushya bwindwara zihora zigaragara; gake indwara zitanga umwanya mubibazo bikomeye. Kubera iyo mpamvu, abagabo bahora bategura ubwoko bushya bwa serumu ninkingo, kuvumbura antibiyotike zikomeye kandi zikomeye hanyuma buhoro buhoro bakishora mu makosa, ibibazo nibiza.

Impinduka zitigeze zibaho kandi zifatizo zigomba gukorwa mubijyanye na siyanse y'ubuvuzi. Abaganga bose b'inyangamugayo kandi bashishikajwe na rubanda bagomba guhita bahaguruka bagafata ingamba zihamyeye zo gukumira iyangirika ry'ibikoresheho fatizo bigenewe uruganda rwabantu.

Mubitekerezo byabantu batareba kure, kurya mbisi bihwanye na gusubira mubuzima bwambere bwumugabo wabanjirije amateka. Mubyukuri, nta soni rikomeye ryubusabane kuruta ibikorwa byo guteka no gutunganya. Urya mbisi areka gusa amakuba yatewe nindwara zitwa sivile kandi akanga guhindura iterambere rya tekini yahawe numuco muburyo bwo kwangiza ubuziranenge bwibikoresheho fatizo byabantu. Bitabaye ibyo, ntabwo areka uburyo bworoshye bwo kuvuga kuri terefone, gutembera mu kirere cyangwa kugumisha imbuto ze muri firigo.

Mu binyejana byinshi abagabo babaye impumyi nubujiji kuburyo bahoraga babona kurya amafunguro yatetse nkigikorwa gisanzwe. Noneho, iyo, kunshuro yambere bumvise kurya-mbisi, babifata nkikintu kidasanzwe kandi cyamatsiko, mugihe mubyukuri aribwo kwangirika kwibiribwa bisanzwe hakoreshejwe guteka aribyo byinshi

bidasanzwe, bidasanzwe n'amatsiko, kandi bigomba kwandikwa mumateka nkubuswa bukomeye bwakozwe nabantu.

Guteka-Kurya no Kuvura Ibiyobyabwenge Biyobora Ubwoko bwabantu bwo Kurimbura

Ubwoko bwinshi bwinyamanswa zinyamanswa zigeze gutura kuri iyi si hanyuma zihura no kuzimangana burundu. Muri iki gihe, ni mu ntoki ze umuntu arema ibintu bibi ku buryo umunsi umwe uzamurimbura ku isi. Ugereraniye nuburyo bwo kwangirika kwibiribwa, habaho kwiyongera muburyo butandukanye ninshuro zindwara zitandukanye. Mbere yuko ibisekuruza byinshi bishira, abantu bazapfa bazize indwara z'umutima n'imitsi cyangwa kanseri mbere yo kugera mu bugimbi n'ubwangavu kandi bafite amahirwe yo guteza imbere ubushobozi bwabo bwo kubyara. Hashingiwe ku muvuduko uteye ubwoba izo ndwara ziyongereye mu myaka mike ishize, biroroshye kubona ko, niba abagabo bagikomeje gutsimbarara, uwo munsi uteye ubwoba ntushobora kuba kure.

Umuhanga werekana ibyiza byo kurya-guteka no kuvura ibiyobyabwenge ni nkumucuruzi, uri hafi guhomba, yishimira kubara amafaranga ye, mugihe ahumuye amaso kuri miliyoni zigihombo kimureba mumaso. Igisubizo cyanyuma cya buri bucuruzi kigomba kugenzurwa nimpapuro zanyuma. Reka turebe inyungu ninyungu umuntu yateye imbere yashoboye kwishakira wenyine kubuvumbuzi bwe bwo guteka nubuvuzi, ugereraniye nibyashimishijwe ninyamanswa zinyamaswa zitandukanye. Umuntu yibasirwa n'indwara zitandukanye kurusha ibindi biremwa.

Nyuma yo kuvumbura vitamine, abantu bari bakwiye kugira ubushishozi bwo kumva icyarimwe ko muburyo bwo guteka arimo asenya mubiribwa karemano abo bagize inteke nyine kutaboneka byihutisha iherezo rye. Yakagombye kuba yarangiye burundu iyo myanda kandi yagombye kurinda ubudahangarwa bwibiribwa karemano kwangirika. Ariko igikundiro cyibiryo bitetse kuburyo biburizamo kugerageza kwivugurura. Ingeso yatsinze siyanse kandi irayifata

muri talon yayo. Hagati aho, baracyatsimbaraye ku biryo bitetse, abagabo bagera mu gucengera mu mabanga y'ibibwira, kugira ngo bamenye ibyo bintu byangiritse mu guteka no kubitunganya, hanyuma babisimbuzwe ibintu bya sintetike. Ntabwo ari ubupfushye gutwika no gusenywa ibyo bintu by'ingenzi ukoresheje amaboko yawe bwite, kurwara, guhagarara ku nkombe y'imva hanyuma ukagera ku kwizigama udakoresheje uburyo bwo kubeshya? Tugomba kuzirikana ko ibiyigize bitagarukira kuri vitamine 40 na 50 zemewe n'ibinyabuzima.

Hariho benshi muribo kuburyo bitazashoboka gukora ishusho nyayo yumutungo wabo wuzuye kandi wuzuye mummya ibihumbi iri imbere. Reka dufate akanya ko umunsi umwe abahanga bashobora gutsinda muburyo bwabo bwose. Noneho, kugirango bisimburwe hakoreshejwe uburyo bwa gihanga abatora bajugunywe mu ngano bonyine, hazakenerwa ibihumbi n'ibihumbi byandikirwa n'imyiteguro kuri buri muntu, tutibagiwe n'ibiciro bibujijwe birimo.

Ubushakashatsi bwakozwe ku bwoko butandukanye bwimbuto, imboga n'ibinyampeke, abahanga mu binyabuzima babaswe n'ibibwira ubwabo bagaragaza ko ibibwira bisanzwe bifite umutungo wo gukiza indwara hafi ya zose. Ariko abantu ntibashakaga kwemeza ko ibinyabuzima byabantu bizakomeza kutarwara izo ndwara niba bigaburiwe gusa ku bibwira bisanzwe kuva mu bwana. Kuva mu ntangiriro igitekerezo ubwacyo cyo kwirinda ibiryo bitetse kibabuza ubushobozi bwo gutekereza neza, hanyuma siyanse itanga umwanya wacyo mubiyobyabwenge.

Ibibwira bisanzwe ntibigomba gukoreshwa nabaganga nkuburyo bwo kuvura byigihye gito. Bagomba gutangazwa nkimirire yonyine ibereye ikiremwa m

Abaganga benshi bateye imbere baramagana kuvura ibiyobyabwenge. Bamwe muribo bababajwe cyane n'igisubizo kidafite akamaro kiboneka mu kuvura ibiyobyabwenge ku buryo bareka ubuvuzi kandi bakitangira kwiga ibibazo by'ibanze bya prophylaxis. Muri bo harimo umuganga uzwi cyane wo mu Busuwisi Bircher-Benner, nkurikije ubushakashatsi bw'Abadage natangije ibisobanuro bigufi mu gitabo cyanyjye cyo muri Arumeniya. Mu gutangira umwuga we w'ubuvuzi, Bircher Benner y

atishimiye uburyo bugezweho bwo kuvura ko igihe yabaga amenyereye indangagaciro zitungamubiri zibyo kurya, yatangiye gukiza abarwayi be abifashijwemo nimirire karemano, nta biyobyabwenge. Bidatinze, umubare munini w'abarwayi, bari baravuye bitagoranye n'abaganga batandukanye ku isi nta bisubizo batanze, bagiye muri sanatori ye i Zurich kandi mu gihe gito cyane babonye igisubizo cyuzuye na veganism mbisi.

Ariko Bircher-Benner yabonaga ko ibiribwa bibisi ari "uburyo bwo kuvura," ntabwo ari indyo yonyine ibereye ibiremwa byose. Nkaho abagabo bategekwa kwikenura kubiribwa bidasanzwe kuva mu bwana bwabo hanyuma, bakarwara, kugirango bakire "indyo yubuvuzi" bakuze. Ariko iyi paradox igaragara yari ifite impamvu zayo zisobanutse. Mbere na mbere, nta muntu n'umwe ku isi, yewe nta n'impuguke ya mbere mu bijyanye n'imirire mbisi, Bircher-Benner, amenya ko guteka- kurya ari ibiyobyabwenge kandi ko icyifuzo abantu bumva ku biryo bitetse atari inzara cyangwa icyifuzo cya biologiya gikenewe. ingirabuzimafatizo.

Noneho, nkumuganga, Bircher-Benner yari yaratojwe gukiza indwara zihari. Ntamtuntu numwe wigeze amwishyura amafaranga, cyangwa ngo amufatane uburemere, iyaba yarashyigikiye kumugaragararo gahunda yimirire yari gutuma abantu batandura indwara zose.

Kuri ubu hari ibitekerezo bibiri bivuguruzanya ku mirire. Umwe muribo arengera kurya-mbisi, undi atonesha ibiryo bitetse; umwe muribo ashigikira ibikomoka ku bimera, undi akunda indyo yinyamaswa. Ubu siyanse ntabwo ari politiki. Umugabo ufite ibitekerezo bitari byiza nta burenganzira afite bwo gushyira ibitekerezo bye bibi kandi byangiza abana b'inzirakarengane. Ni ngombwa ko ibihe byacu bisabwa ko ibyo bitekerezo byombi bigomba gusuzumwa mu nzego mpuzamahanga z'ubumenyi n'umuco, kugira ngo ibitagenda neza byamaganwe, mu gihe ibyukuri bishobora kumenyeshwa rubanda bigashyirwa mu bil

Urebye, abo bantu bafite ibitekerezo byoroheje badashaka gucengera mubwimbitse bwikibazo batekereza ko igitekerezo cyo kurya mbisi atari ikintu gishobora kugerwaho vuba kandi ko abagabo batazaba biteguye kureka imizi yabo yimbitse. ingeso. Ariko iri ni ijwi rya

ibiyobyabwenge, ntabwo ari ibya siyansi. Siyanse ariko, igomba gutandukana nibiyobyabwenge. Tugomba mbere na mbere kwemeza ko ibiribwa bibisi aribintu byukuri kandi byuzuye bibereye ibinyabuzima byabantu, nyuma yabyo bakareka abashaka gutesha agaciro ibikoresho fatizo ubwabo hamwe nabana babo babikora uko umutima wabo ubishaka.

Mbere na mbere, tugomba gukoresha uburambe twakuye mu kurya-mbisi kugira ngo dukosore icyarimwe imyumvire y'ibinyoma yiganje mu bumenyi bw'imirire, dukurikije ibyo kurya by'ingenzi cyane bifatwa nk'ibyangiza, mu gihe ibyangiritse rwose bisabwa nk'uko byiza. Tugomba kumenya neza ko, nta kurobanura, izo manza zose aho ibiryo bibujijwe bibujijwe abanyantegere nke, abarwayi, abarwaye indwara zifata igifu nizindi ndwara, mubyukuri nibyo biribwa bibujijwe byakiza, bikomeza kandi bikomeza abarwayi. .

Mu bihe nk'ibi ntibikiri ikibazo cyo guca ingeso mbi. Ibinyuranye, umurwayi ubu arasaba imbuto, ariko turabyanze; yumva arwaye ibiryo bitetse, ariko turamwemeza kugira ibindi bike; twambuye imbuto mu kuboko k'umwana hanyuma duhatira ifunguro ryatetse kumuhogo. Muyandi magambo, twihutisha amaherezo yabo tubahatira kurya ibyo biryo nyine byabaye intandaro yuburwayi bwabo nubushobozi bwabo. Gukosora kutumva ibintu nkibi byonyine bizagabanya umubare wimpfu zitunguranye 50%.

Kugirango twemeze ukuri kw'aya magambo ahari nta bundi buryo usibye gushyira mubikorwa kurya-mbisi mumezi make, kandi ubu bushakashatsi bugomba kugeragezwa numuntu wese ushyira mugaciro. Ni muri ubwo buryo impera yanyuma izashyirwa mubitekerezo bihari kandi bivuguruzanya ku mirire.

Ukurikije kurya-mbisi amahame shingiro yimirire ntakiri guma muri kaminuza n'ibigo by'ubushakashatsi; ahubwo bahinduka ibibazo byingenzi kubantu bose. Kubantu basanzwe, amazina yubumenyi yibihumbi byibiribwa, formulaire zigoye hamwe nibisobanuro birebire, binaniza imitunganyirize yitungamubiri nibyiza bivugwa bishobora kubarwa muri bitatu

amagambo gusa: RAW VEGAN FOOD, cyangwa ibikoresho byuzuye kumubiri wumuntu.

Rero, kurya-mbisi biba byiza usibye siyanse yubuvuzi, igitekerezo kidasobanurwa nuburyo bwa siyansi, ariko na logique, ibimenyetso byayo ni amategeko adasubirwaho yibidukikije nibisubizo byibanze byabonetse kuburambe bwibanze.

Ntitugomba na rimwe guhungabanya ubusugire bwumuntu Ibikoresho

Umubiri wumuntu ni uruganda rugoye. Birashobora gukomeza gufatwa nkisi nini yinganda na sisitemu muburyo buri selile yafashwe ukwayo ubwayo ubwayo uruganda rugoye narwo, rugizwe nizindi nganda nyinshi. Kugeza ubu, abahanga mu bushakashatsi bashoboye kuvumbura ibice ibihumbi icumi muri buri selile. Buri glande cyangwa urugingo rugizwe na milliard ya selile nkizo, kandi biva muguhuza izo glande, ingingo, sisitemu, skeleton nuruhu umubiri wumuntu uba.

Kugirango bashobore gukora imirimo yabo neza, izo nganda na sisitemu bigoye cyane bigomba guhabwa ibikoresho fatizo birimo ibintu ibihumbi icumi bitandukanye, buri kimwekimwe kikaba gifite inshingano yihariye yo gukora mumuryango rusange wibinyabuzima byabantu. Ibyo bintu byose byubatswe hifashishijwe urumuri rwizuba kandi byibanda kubimera. Kurugero, imbuto, ikibabi cyangwa ingano y ibigori birimo ubwabyo ibyo bintu byose bifite intungamubiri zikenewe mubinyabuzima bwinyamaswa. Noneho, nubwo ibyo bitandukanya bitandukanye mubihingwa bitandukanye kubijyanye nimiterere yabyo nuburyo bitunganijwe, ibi ntacyo bitwaye cyane, kuko nyuma yo kwinjizwa mubinyabuzima byacitse kandi bigahuzwa na none, muribwo buryo ibintu bimwe bihinduka mubindi bintu. Rero, ibinyabuzima birashobora guhindura ubwinshi bwibigize bitandukanye ukurikije ibyo bikeneye, ariko mugihe hatabayeho ikintu runaka cyimiti ntigishobora kuzana kiriya kintu cyabuze kuba mubinyabuzima cyangwa kugisimbuza ikindi kintu.

Kurugero, ntabwo byashobokaga kuvumbura muri laboratoire ubunini bwinshi bwa calcium, vitamine cyangwa proteyine muri clover, nyamara biva muri clover ndetse no mubyatsi bikunze kugaragara niho inyamaswa zifata vitamine zose hamwe n'inyunyu ngugu, hanyuma zikubaka amagufwa manini. , inyama n'ibinure. Mu yandi magambo, mu mwanya w'amata, amavuta, foromaje, ubwonko, umwijima n'inyama abantu batavuye kure basaba nkisoko ya calcium, fosifore, vitamine na poroteyine "byuzuye", clover yonyine irashobora kuba basabwye, kuko biva kuri clover ibyo bintu byose bikomoka. Kubwibye, ntacyo bivuze rwose, nta gaciro ndetse byangiza no kuvuga ko ibiryo nkibi-nkibi nkibi bikungahaye kuri vitamine runaka, mugihe ikindi cyinshi mumyunyu ngugu runaka, kuko, usibye kuyobya abantu no kwitiranya abantu, ibirego nkibi ntibikora. Intego iyo ari yo yose y'ingirakamaro.

Imikorere yingenzi yibigize intungamubiri mubinyabuzima ni gatatu. Mbere ya byose, bakora nkibikoresheho byo kubaka no kuvugurura selile; noneho bitanga ingufu zikenewe zo gushyira izo selile mukigenda no guha ubushyuhe umubiri, hanyuma, hanyuma, bagatanga selile kabuhariwe nibikoresheho fatizo bikenewe mubikorwa byabo bibyara umusaruro.

Ni ngombwa ko dukwiye kwita ku binyabuzima byacu twita ku ruganda rukora uruganda rwe. Kubwibye, kugirango imikorere yimikorere itatu yavuzwe haruguru tugomba guha imibiri yacu ibintu byose bikenerwa nintungamubiri nkibintu byose byuzuye kandi muburyo buringaniye nkuko ibidukikije bitugezaho. Bitabaye ibyo, haramutse habaye ikibazo muri kimwe mubigize, iki kintu byanze bikunze kizagira ingaruka mbi ku iyubakwa n'imikorere y'ibinyabuzima.

Ariko umuntu wumuko wiki gihe afata umubiri we gute? Aratatanya, arashya, yica kandi ahungabanya ubusugire bwibikoresheho bya bibisi hanyuma yuzura igifu cye ku bushake imirambo yapfuye nuburozi. Muri ubu buryo, kuba yarakoresheje ibiyigize runaka birashobora kurenza inshuro zisanze zisabwa n'ibinyabuzima bya inshuro magana, hamwe no kubura gukwiranye no gufata ibindi bintu bimwe na bimwe.

Mu nyama zitetse, umutsima wera, macaroni, umuceri, ibiryoshye, amavuta asobanutse na margarine bikorerwa ingirabuzimafatizo zidashobora, parasitike yuburyo bworoshye, muni yuburemere bwibiyobyabwenge.

Abahanga mu bushakashatsi barashobora kwerekana byoroshye ko hashize imyaka 50, 100 cyangwa 200 ishize abantu badafite aho baturira ahanini no kunanuka cyane. Muri icyo gihe, umuntu yari afite imbaraga nyinshi zo guhangana kandi umubiri wumuntu washoboye kwihanganira ibiribwa bidasanze no gukumira ko hajyaho ibintu bitarenze urugero bitewe no kubura ubushake bwo kurya, impiswi, kuruka nubundi buryo nkubwo. Ariko, mugihe cyigihye, ibinyabuzima byabantu bitanga igitutu cyibiribwa byangiritse, "bikabemera" ubwabyo, kandi bikemerera ubwinshi bwuruhinje rwabana babo no kwikinisha mumaso yabo. Aba bantu babaye abambere kubaka hanyuma bakomeza ingirabuzimafatizo zoroheje, zidafite agaciro, zidakora zijyanye nimiterere yabo. Niyo mpamvu muri icyo gihe kunanuka bidakunze kubaho kandi isi yuzuyemo umubiri mubi, udasanze.

Muri icyo gihe, abana benshi bavutse bafite umutwara uteye ubwoba udafite agaciro n'ingirabuzimafatizo zidakora. Ababyeyi babo bafite imitekerereze yoroheje bishimira ubwinshi bwabana babo hamwe no kwikinisha mumaso. Rimwe na rimwe, iyi pomping iri murwego runini kuburyo itera ubwoba abumva imiterere nyayo. Nyamara, abapfuye bageneranya ibyo bitekerezo ku bipfuyika byibiribwa byabana nkibimenyetso byukuri byubuzima bwiza.

Ikinyabuzima cyabantu kigira imbaraga nyinshi kugirango gikomeze kugenzurwa no kwiyongera gukabije kwingirabuzimafatizo za parasitike kandi zidafite akamaro, mu kuzikwirakwiza ku bice byose byubusa byumubiri: hejuru no hepfo, kuzenguruka umusaya, muni yururu rwindi. n'ikibuno, n'ahandi. Bibaho rero, ariko, rimwe na rimwe zimwe muri izo selile zibasha guhagarika ubwo bugenzuzi, kwitandukanya nubuzima rusange, kwigenga, gutangira kubaho kugiti cyawe no kugwira bitangira umupaka. Kenshi na kenshi ibinyabuzima bigenda neza mugukomeza amatsinda yutugingo ngengabuzima hamwe kandi bikabuza gukwirakwira. Gukura kuvamo noneho kwitwa "benign neoplasm" cyangwa "ikibyimba cyiza" kandi kigomba gutandukanywa no gukura kumashami kumashami kubantu kugeza mubice bitandukanye byumubiri.

mu rwego rwo gutera imbere kuri poroteyine (na cyane cyane poroteyine z'inyamaswa), kandi izwi nka "neoplasme mbi" cyangwa nka kanseri.

Ni ngombwa gushimangira ko guteka atari cyo kintu cyonyine gitera igihombo ku ntungamubiri z'ibiribwa. Ifu yera n'umuceri usukuye ni ibiribwa byangiza nubwo biribwa ari mbisi.

Ndetse ibyatsi byumye ntabwo ari ibiryo byuzuye, nubwo bishobora gutuma ikiremwa kizima kibaho. Ibiribwa byiza birashobora kuba igishishwa cyingano hamwe nugutwi, niba biribwa icyatsi mugihe cyizuba kandi cyumye mugihe cy'itumba. Ku nka n'intama ibyatsi bisanzwe kumusozi ntibishobora gufatwa nkibiryo byuzuye. Izo nyamaswa zanyuze mu bwihindurize muri kamere yubuntu, zigaburira icyarimwe ibyatsi, amababi, imbuto n'imboga. Niyo mpamvu indwara zihariye zibaho muri izo nyamaswa zanze, hifashishijwe abantu, ibiribwa bikwiranye nibisabwa na selile zabo. Nubwo bimeze bityo ariko, nta gihe na kimwe ingingo zinyamaswa zirisha ibyatsi bisanzwe byugarijwe n'akaga nk'umuntu; eka mbere na mikorobe ziterabwoba kuri bo nkuko ziri kuri twe, kubwimpamvu yoroshye ko badafite igikoni. Ntibishoboka ko utanga ingirabuzimafatizo za kanseri imico yo hejuru ifite uturemangingo dusanzwe no kuyisubiza mu gituzo cy'abaturage ukoresheje imbuto, zikennye cyane muri poroteyine, ariko zikungahaye kuri vitamine n'ibindi bigize Uwitwaga agaciro gakomeye cyane, noneho nta muti kwisi uzigera ushobora gukora uwo murimo. Kugerageza gukiza kanseri ukoresheje imiti n'ibikorwa ntacyo bimaze rwose kandi byanze bikunze birananirana. Ariko umugabo ushishoza ntagomba na rimwe kurwara kanseri niba adahungabanije ubusugire bwibikoresho bye bibisi.

Rero, selile ziva mu nkoko n'umuceri, isupu, umwijima utetse, umutsima n'amavuta, ubuki, jama hamwe n'ibijumba ntibifite ubushobozi bwo gukora umurimo wose w'ingirakamaro. Ingirabuzimafatizo zikora, zidasanzwe kandi zifite ubuzima bwiza bwumubiri wumuntu zavutse gusa imbuto n'imboga mbisi; mu yandi magambo, muri izo poroteyine zinjiza mu mubiri w'umuntu ibihumbi n'ibigize intungamubiri zitandukanye mu miterere yabyo ndetse n'imibereho, kandi uwiziziye ibiryo yifuza kurya rimwe na rimwe nk "'ibintu bidafite intungamubiri". Umuntu wese agomba ubu

gushobora kumenya ubwinshi bwicyaha cyakozwe numubyeyi
ubwira umwana we kutangiza ubushake bwimbuto n'imbutu mbere
yo kurya kuko agomba kurya vuba. Ibi bihwanye no kumubwira kutarya
ibihumbi by'ibikoresho fatizo bitandukanye by'ingirakamaro ku
binyabuzima bye mu miterere n'imibereho yabo, ahubwo agategereza
imirambo yapfuye kandi idafite ubuzima bwa bake muri bo, agiye
kumuha. vuba muburyo bwo kurya.

Abarya batetse bishimiye gutekereza ko ibiryo barya bikungahaye
kuri karori. Noneho, karori irashobora kuba ingirakamaro gusa
mugihe inyungu zuzuye zafashwe. Iyo umubare w'ingirangingo z'imitsi
ari muto, ndetse niyo zifite intege nke, zirwaye kandi zidafite elastique,
igice kinini cya karori gikomeza kudakoresheka kandi, nyuma
yo guteza ibibazo byinshi mumubiri, usige ibinyabuzima muburyo
butifuzwa. ubushyuhe, kandi yazimiye nta ntego. Iyo ducanye umuriro
mu kirere, ingufu z'uwo muriro ziratakara ubusa, ariko iyo dutwitse
uwo muriro muri moteri y'uruganda, iba ikora neza intego. Binyuze
mu biryo bitetse, umuntu wabaswe n ibiryo yinjiza mumubiri we
gufata karori inshuro eshatu cyangwa enye zirenze ibyo
imikorere y'ibinyabuzima ikora. Calori ziboneka mubiribwa bibisi bikora
neza intego zazo, kuko ibiribwa nkibi biherekejwe nibintu byose
bikenewe mugukoresha izo karori.

Byakagombye kuba inshingano yinzobere mu binyabuzima
n'abaganga gushishikariza abantu kudatandukanya intungamubiri
n'izindi, ariko buri gihe kuzikoresha hamwe, mu buryo busanzwe
buringaniye hamwe na selile nzima. Ntibagomba na rimwe kuvuga ku
kamaro k'intungamubiri z'umuntu ku giti cye, ahubwo
zigomba gushimangira akamaro kazo; nkuko tubona ubuziranenge
bwa peteroli ntabwo ari ingirakamaro gusa mu ndege, ahubwo ni
ngombwa. Ntibagomba na rimwe kuvuga ibyiza bya vitamine runaka,
ahubwo bagomba gushimangira akaga ko guhungabanya ubusugire bwabo no

Muri rusange, siyanse yimirire yose irashobora gukusanyirizwa mubice bibiri byingenzi kandi bigatera impungenge abantu bose:

1. Imirire yumuntu igomba kuba igizwe ningirabuzimafatizo nzima. Gusa ibyo biribwa bigizwe na selile nzima bifite imico yose ikenewe kugirango ihaze ibinyabuzima byabantu. Umuntu ntabwo arikumwe. Ntiyashoboraga kuba inyamanswa nko gufata isazi mu kirere akayimira ari muzima, cyangwa gutanyagura umuhigo ibice nk'inyamaswa yo mu gasozi akayarya n'inda zose n'amagufwa yayo kugira ngo akore.

2. Hariho ibimera byimboga bisanzwe kandi byahisemo muri kamere. Imboga nziza cyane kandi zifite intungamubiri nyinshi nubwoko bwiza bwimbuto, imboga rwatsi, ibinyampeke n'imizi.

Mu kurya ibiryo bitetse, umuntu afunga ubushake hamwe nubwoko butatu kuri bune bwibintu byangiritse kandi bikabuza ibinyabuzima bye ibindi bihumbi byingenzi byingenzi. Ikimenyetso simusiga cyibi byemeza ni uko mu bihumbi byandikirwa kwa muganga bigoye kubona imwe muriyo vitamine cyangwa izindi zidasobanutse neza, ariko ntushobora guhura n'ibisabwa aho havugwa amazina ya poroteyine, amavuta na karubone.

Muri make, umuntu yishimira ubuzima bwiza iyo agaburiwe gusa nibiribwa bikomoka ku bimera gusa, ararwara kuburyo anywa ibiryo bitetse kandi apfa iyo abeshwaho gusa nimirire nkiyi.

Uburyo Indwara Zivuka

Reka dufate gland igizwe na miliyari za selile. Utugingo ngengabuzima ni ubwoko bwinshi, buriwese ufite umurimo wihariye cyangwa inshingano zo gukora. Rero, hariho ingirabuzimafatizo n'imitsi ya epiteliyale, kandi hariho selile selile na selile kubindi bikorwa byinshi bikomeye. Ariko imikorere yingenzi ya selile ya glande iyo ari yo yose ni gusohora amazi.

Imvubura z'umugabo urya ibiryo bitetse zifite ibyuzuye byuzuye bya selile, wenda birenze, ariko kimwe cya kane cyangwa kimwe cya gatanu cyabyo birahuye numurimo uwo ariwo wose w'ingirakamaro, kandi ibyo ntibihagije. Poroteyine

wenyine, cyane cyane proteine yinyamanswa yapfuye ifatwa nabantu batareba kure nkibikoresho byiza byubaka, irashobora guhamagarira kubaho gusa imiterere yoroshye yimikorere idafite ingirabuzimafatizo, idashoboye kandi idafite akamaro yubwoko bwambere. Mu miterere yabyo, utugingo ngengabuzima dusa n'ibinyabuzima byambere byimiterere yibanze byigaragaje bwa mbere kwisi mubyiciro byambere byiterambere ryubwihindurize kandi byubatswe hamwe nibikoresho bisanzwe byubaka: proteyine, amavuta na karubone.

Mu gihe cy'ibinyejana byakurikiyeho, ariko, ibyo binyabuzima byambere bidasanzwe byanyuze mu bwihindurize bifashishije ibintu bifite intungamubiri zifite ubuziranenge bwo hejuru, aribyo vitamine n'imyunyu ngugu bizwi kandi tutazi.

Muri ubwo bwihindurize barateye imbere kandi babyara ibinyabuzima bitandukanye bigoye. Turashobora kubona gusubiramo muri make iri terambere ryamateka yibinyabuzima biri mu isoro ryinyamaswa, kuva igihe cyo gusama kugeza bikuze neza. Inzira imwe isubirwamo mugihe cyiterambere ryingirabuzimafatizo zabantu.

Muri glande runaka, buri selile yihariye ifite uburyo bwihariye, bushobora gutegurwa gusa no gukorwa kugirango haboneke ubushobozi bwakazi gakorwa nogutanga intungamubiri zidasanzwe. Noneho, ibikoresho fatizo bikenewe mubikorwa bitanga umusaruro murubwo buryo birashobora gutangwa gusa nibiribwa bibisi. Nta nzuki zishobora gukora ubuki muri nectar yindabyo zitetse!

Iyo ibigize bidasanzwe bitageze mu kagari ku bwinshi, iterambere ryacyo riratinda cyangwa birashobora guhagarara. Ibi bitera ingirabuzimafatizo zitandukanye zirwaye, nk'amavuta, anaplastique, malignant cyangwa kanseri, macrophage, megakaryocytes, polykaryocytes, nibindi.

Kubwibyo, ntabwo gukora gusa selile nyinshi za glande mubibazo ntabwo kugera kubuhanga (gutandukanya), ariko kandi nibikoresho fatizo bikenewe mugusohora amazi ntago bigera kuri selile nkeya zikigumana ubushobozi bwo gukora bitewe nuko glande idashobora kugumana urwego rukwiye rwumusaruro. Ni muri ubu buryo gland iri

yibasiwe n'indwara. Iterambere ridashimishije n'imikorere idahwitse ya selile birashobora no kugaragara mubindi bice byose hamwe na sisitemu, bikaviramo kugaragara indwara zihuye.

Rimwe na rimwe, glande cyangwa ururingo runaka byangiritse kuburyo bugaragara ko kuyikuraho biba bidashoboka. Aho gufata ingamba karemano zo gukumira iyangirika ryurwo rugingo, abagabo bafata ingorane zikomeye zo kuwukuraho hanyuma bakishimira ubwiza bwigitangaza nkiki. Ku muntu wibikomoka ku bimera biragaragara neza ko nta biyobyabwenge bishobora kugarura selile yangiritse kumiterere yayo kandi ikabisubiramo ubushobozi bukwiye bwakazi.

Urya mbisi ntatinye mikorobe, kuko arinzwe kubarwanya n'imbaraga kamere. Microbes ntishobora kwangiza ingirabuzimafatizo zateye imbere kandi zihariye (zitandukanye). Bakwirakwiza ingaruka zabo kuri selile zidakomeye kandi zoroshye.

Mubyukuri abarya batetse babikesha kubaho kwitungamubiri mbisi rimwe na rimwe aya kugirango yishimire gusa, atitaye ku kamaro kuzuye. Noneho, kubera ko ibinyabuzima byabantu bishobora gukomeza kubaho kubitunga bike cyane byitungamubiri, izo ntungamubiri nkeya zirahagije kugirango akomeze kubaho igihe runaka.

Muri iki gihe, n'inzobere mu bijyanye nimirire zikunze gutekereza ko gushira no kwanduza ari byo byonyine byibiribwa. Babona ko bifite intungamubiri, nziza kandi zisanze ibyo biryo byose bishya, bisukuye kandi "bitetse neza." Kubura ibihumbi byingenzi byabatoye muri bo ntabwo bisa nkaho bibahangayikishije na gato. Iyo bibutswe kubyerekeye, basubiza ko nabo barya imbuto. Iki ni igisubizo kidafite ishingiro. Indwara z'ibinyabuzima byabantu zikomoka ku kuba twatandukanije intungamubiri n'izindi hanyuma tukazikoresha ukundi, nk'uko byari ku bw'amahirwe, nta gahunda iboneye.

Agaciro kitungamubiri yibiribwa bigomba gushakishwa bitari muburyo butandukanye y'ibiryo biribwa, ariko muburyo butandukanye bwibigize

ibyo biribwa. Ibyatsi bisanzwe, ubwabyo, bikungahaye ku bwinshi bw'intungamubiri zacyo ndetse no gukusanya ibyokurya byinshi byatanze mu birori byinshi cyane. Uru nirwo rubanza rwa siyansi.

Inama nyinshi zubuvuzi ziba mu rwego rwo gukumira indwara aho, nyuma yo kumara amasaha menshi ku masomo yisumbuye, abahagarariye ubumenyi bw'ubuvuzi bakusanyiriza hamwe ameza atatse neza ku meza yabo. Noneho, birengagije ibiribwa byibanze kandi byuzuye byuzuye, bibumbwa muri laboratoire nziza cyane yibidukikije yo gukumira indwara kandi bigizwe n'ibihumbi n'ibinyabuzima bizima, baruzuza ibyokurya hamwe n'imirambo yangiritse kandi yapfuye. Ikibabaje kurushaho, benshi muribo, kubijyanye nitungamubiri karemano nkibyingenzi, barangiza gahunda yabo yimirire hamwe nikawa hamwe nitabi. Reka abaganga bambabarire iki cyemezo, ariko nyuma yo kubitekerezaho gato bagomba rwose kwemeranya nanjye ko iyi atari gahunda iboneye yimirire kandi ko igihe kirageze batekereje cyane guhindura impinduka zifatika mumigenzo yibeshya yo kugaburira.

Igihe kimwe mu bihugu bimwe na bimwe bya Aziya, abagizi ba nabi bakatiwe urwo gupfa bagaburiwe ibiryo by'inyama zitetse bonyine. Mubisanzwe bapfuye muminsi 28-30, mugihe mugihe inzara yuzuye umugabo ashobora kuguma ari muzima mugihe cyiminsi 70. Ibi bivuze ko atari inyama zitetse gusa ibiryo bikennye, ariko, hamwe nuburozi butanga, mubyukuri nuburozi bwica umuntu mugihe gito ugereranije.

Muri rusange birazwi ko abantu barya umuceri urenze urugero bakorerwa beriberi, yica umurwayi nyuma yo guteza imibabaro myinshi. Noneho birashoboka ko ibimenyetso byingenzi bya beriberi ari polyneuritis, ariko iki ntabwo aricyo kimenyetso cyonyine cyindwara; ni kimwe gusa mubimenyetso byinshi. Ntabwo kandi kubura vitamine B1 aribyo byonyine bitera iyi ndwara, nkuko bisanzwe bivugwa. Umuceri usukuye ntabwo urimo vitamine izwi cyangwa itazwi. Umugati wera kandi, muri rusange, imyiteguro yose

kuva ifu yera bifite neza neza nkumuceri usukuye ufite. Ni nako bimeze ku isukari yubukorikori hamwe n'ibinure bisobanutse, aribyo bihagarariye kimwe gusa cyangwa ikindi mu bihumbi bigize intungamubiri.

Ibiribwa byavuzwe haruguru, bigize indyo yingenzi yabarya batetse, nimpamvu nyamukuru zitera urupfu, gusa zica umuntu bitwaje impiswi, indwara zandura, rubagimpande, gout, sclerose, diyabete, apoplexy, kanseri nibindi byinshi izindi ndwara. Rimwe na rimwe, bica bafite umwaka umwe gusa, ikindi gihe bafite imyaka itanu, 10, 50 cyangwa 70, bitewe nuburinganire ugereraniye nibyiciro bibiri byibiribwa bikorishwa (ibiryo bitetse nintungamubiri mbisi) nurwego rwumurage. kurwanywa kwanduza umuntu.

Bitewe nimirire idahwitse, muri iki gihe ababyeyi benshi nta mata bafite yo konsa abana babo, bityo bamwe muri bo bagaburira abana babo kumata yumye, ibisuguti, umutsima wera nicyayi. Mubisanzwe umwana atangira gufusha ubusa no gucika intege. Ibitaro byabana nimpfubye byisi byuzuye abarwayi nkabo.

Birahagije guha abana nkabo imitoma ibiri gusa yumutobe wimbuto burimunsu kugirango bashobore gusubirana ubuzima bwabo mubyumweru bibiri. Ariko abashinzwe imirire banywa ibiryo, birengagije ko imbuto zikenewe, bakora ubushakashatsi bwubwoko bwose bubabaza umubiri wangeritse wumwana, hanyuma bamaze gukuramo ibitonyanga byamaraso byanyuma, bagerageza kumutunga namata yumye, ibikomoka ku nyama. , vitamine yubukorikori nibiyobyabwenge bitandukanye. Mu yandi magambo, birengagije uburinganire bwuzuye bwibigize intungamubiri zitangwa ku buntu na kamere, batangira gukora ubushakashatsi ku mubiri wacitse intege w'uwo mwana bakoresheje ibice bike bakuyemo ubumenyi butandukanye muri laboratoire zabo. Niba uwo mwana atabonye ibiryo bisanzwe muburyo runaka cyangwa ubundi, azapfa rwose kandi impfu nkizo, ziboneka mubihumbi. Ariko, ikibiteye ubwoba cyane, abaganga benshi bafite imirire mibi ntibemerera abana nkabo kurya imbuto mbisi bizera ko igifu cyabo kidakomeye kidashobora kugogora cyangwa, nibyiza, basiga ikibazo cyimbuto mubushishozi bw

ni nkibinezeza bidakenewe bifite akamaro gake. Menyesha ko mubitaro byinshi uzasangamo inyama, ibisuguti, amata yumye, isukari, icyayi, margarine, umuceri, umutsima wera, vitamine yubukorikori n'imiti uko ubishaka, ariko ntuzabona igikoresho na kimwe cyo gukuramo imbuto imitobe, no kugura imbuto ntabwo ari itegeko. Imirambo myinshi y'abana ikurwa mu bitaro nk'ibi, ariko nta muntu n'umwe wifuza ko gahunda y'imirire idasanzwe ari yo nyirabayazana w'izo mpfu.

Ndasaba amarangamutima yubuganga bwabaganga bose. Reka batekereze cyane kuri iki kibazo. Ndabaza abarimu bose ba kaminuza ninzego zose zibishinzwe na minisiteri yubuzima muri buri gihugu kwisi niba bahangayikishijwe nubuzima n'imibereho myiza yabaturage babo cyangwa batabishaka. Niba aribyo, bagomba guhitamo gukora bidatinze. Amagambo yanyje ntabwo ari hypothese gusa, ahubwo ni ibintu bidasubirwaho, ibyo ndabigeza kubasomyi bitatwe nubushakashatsi bwakozwe ku ngurube, ahubwo ni urugero rwiza rwumuryango wanyje na nyje ubwanjye.

Uburyo bwiza bwo gukumira no gukiza indwara kandi mugihe kimwe cyo kuzamura imibereho ni uko buri minisiteri yubuzima yashyizeho ingengo yimari idahwitse yo gushyiraho amashami yamakuru, hagamijwe kubimenyesha rubanda. ingaruka mbi ziterwa no guteka, kimwe nibiribwa bidafite vitamine, cyane cyane umutsima wera, umuceri, inyama, amavuta asobanutse, isukari, icyayi, ikawa, ibisindisha n'ibinyobwa bidasindisha. Bakwiye noneho kumvisha abantu kugabanya kurya ibiryo bitetse uko bishoboka kose no kwinjiza buhoro buhoro mumirire yabo.

Mubisanzwe, nkuko abagabo bose badashyira mu gaciro, ntibishoboka ko abantu bose barya icyarimwe icyarimwe, ariko ni ngombwa ko abantu bamenyera ibikoresho biboneye byimibiri yabo kuva bakiri bato, bagomba kwigobotora urwikekwe rwibeshya kandi ruteje akaga, kandi rugomba kumenya ko atari isupu yinkoko, umuceri, uduce, amagi na beefsteak bibaha hamwe nabana babo ubuzima nimbaraga, ahubwo byameze ingano, karoti, inyanya, imbuto, inzabibu nibindi. nk'urugero, kubera kurya inyama n'ibindi biribwa bitetse imyaka 52, nari natakaje imbaraga zose ndabishoboye

ntuzamuke intambwe ebyiri utumva uhumeke; ariko uyumunsi, nyuma yo kwirinda ibiryo bitetse kumyaka umunani, nshobora kuzamuka imisozi byoroshye cyane.

Sinzi ku mpamvu zishingiye ku bumenyi muri iki gihe mu ngo nyinshi z'abana ndetse na pepiniyeri z'umunsi bashyira udusanduku twa biscuits ku bana, kugira ngo bafashe igihe cyose babishakiye. Agasanduku k'ibyo bintu byangiza bigomba gusimburwa n'ibitebo by'imbuto nshya, karoti, imyumbati n'inyanya mu cyi, n'imbuto zumye mu gihe cy'itumba, aho abana bagomba kwemererwa kurya mu bwisanzure kandi uko bashaka mu masaha yose. y'umunsi. Noneho abantu bose bazareba uburyo, ukurikije amategeko ya kamere, abana bazahita batangira kurya imbuto aho kurya ibiryo byangiritse, bityo bakizeza ubuzima bwabo amaboko yabo.

Sisitemu yo kurya mbisi igomba kwakirwa mubitaro byubwoko bwose y'abarwayi n'abaturage bagomba kumenyeshwa ibisubizo byabonetse. Ivugurura ryingirakamaro cyane rirashobora gukorwa muri resitora rusange. Hatabayeho kwambura burundu abantu banywa ibiryo "ibinezeza" byokurya bitetse, byica nkuko bimeze, kugeza ubu, birashoboka kugabanya ingano yabyo byibuze 50% no gusimbuza igihombo na salade nshya hamwe na compote mbisi, kandi na ubwoko bwinshi bwimbuto zigihe. Muri ubu buryo, ntabwo amafunguro azahinduka gusa kandi ashimishije, ahubwo ubuzima bwabaturage buzashimangirwa, kandi kuzigama kwinshi bizakorwa mubukungu rusange.

Rubanda nibamara kumenya ibibi byakozwe nibiryo bitetse, bazagerageza kubyirinda. Hazaboneka kandi, umubare munini wabantu bashishoza, barohama ijwi ryibiyobyabwenge, bazakurikiza urugero rwacu kandi nukwitoza kurya byuzuye bizizeza ubuzima bwiza bwabo nimiryango yabo. Abantu batakaje ibyiringiro byose byo gukira cyangwa bahinduwe isura numurambo udasanze bazamenya ko, nukwubahiriza byimazeyo kurya ibiryo mbisi, mumezi make gusa bazashobora kugera kubuzima bahoraga barota.

Abantu basohora ibitabo byinshi kugirango berekane imiti imiterere yimbuto n'imboga zitandukanye, nk'inzabibu, amatariki, pome, ingingo, igitunguru cyangwa radis, kandi mugutezimbere uburyo bwihariye bwo kubikoresha, bagerageza gushora ibyo bikorwa hamwe nibikorwa byubumenyi. Mubyukuri, ubwoko bwose buribwa bwibimera mbisi nitungamubiri nziza kandi bifite imico imwe. Ntakibazo cyindwara umuntu arwaye, bahaza ibyifuzo byibinyabuzima, bagenga imikorere yingingo, bagarura ubuzima bwumurwayi. Amakuru ajyanye nukuri nkayo agomba gushyirwa mubaturage kubuntu, kuko ari ubumuntu kwakira amafaranga ayo ari yo yose.

Indyo yimirire yatetse yuzuye kwivuguruza byica. Mubihe byinshi cyane ibiribwa byangiza birasabwa nkingirakamaro, mugihe ibyingenzi byingenzi bigaragazwa nkibibi kandi birabujijwe rwose. Ni ukubera ko uburambe bwabarya-batetse bushingiye ku ngaruka zihuse, zigaragara kandi zivuguruzanya z'ibiribwa ndetse no ku mibare itari yo yakozwe muri laboratoire. Amamiriyoni yinzirakarengane zirimbuka biturutse kuri iyo mibare ivuguruzanya kandi yibeshya.

Ubuyobozi bwizewe cyane nubunararibonye bwibanze kandi butunganye bwokurya mbisi, nkibisubizo byamakosa yose, kwivuguruza no kutumvikana bibaho mubumenyi bwubuvuzi, muri rusange, no mubijyanye nimirire byumwihariko, bishyirwa kumurongo kandi bigakosorwa rimwe kuri bese. Birakenewe kugwiza ingero zubunararibonye kure no kumenyera abantu bese ibisubizo byabonetse.

Nibibi Byibyaha Kumenyera Uruhinja ruvutse kubintu bitetse

Iyo bigaragariye abantu bese ko kurya-guteka ari ingeso idasanzwe, ko ari yo nyirabayazana w'indwara zose z'abantu kandi ko ari ibiyobyabwenge biteye ubwoba ku buryo umugabo amaze kugwa mu mutego wo kuticuza, uwahohotewe adashobora kubohoka. we ubwe yongeye gukomereza Ni ubuhe burenganzira bufite umuntu ushyira mu gaciro kubwinjiza mu binyabuzima bya an

umwana w'inzirakarengane ukivuka n'amaboko ye bwite? Ni ubuhe burenganzira afite bwo kwangiza ingingo z'umwana we muto ibiryo byahiye, byangiritse, byiciwe ku muriro? Ntabwo ari ubugome bukabije mu byaha byose, ntabwo mubyukuri ubwicanyi, ubwicanyi bukabije? Nanjye ubwanjye nishe abana banjye bombi bakundwa n'amaboko yanjye muri ubwo buryo kandi nzi neza ubwinshi bw'icyaha.

Mubyukuri, ababyeyi bose banywa ibiryo ni filiside. Muri iki gihe ikinyejana ntamuntu upfa urupfu rusanze. Impfu zose ni ingaruka zindwara ziterwa nifunguro ryatetse, kandi abantu bigisha abana kurya ibiryo bitetse ni ababyeyi babo. Ababyeyi barya batetse bagomba kumenya neza ko inshingano zindwara zose n'imivurungano mu bana babo zishingiye ku bitugu byabo. Bagomba gusuzuma iki kibazo cyane mbere yo gutsimbarara muburyo bwabo busanzwe.

Urufatiro rwa buri kanseri cyangwa umutima-mutima rushyirwa hamwe na morsel ya mbere y'ibiryo bitetse bihabwa umwana, kabone niyo indwara ituma igaragara mummya ikuze cyane.

Turashobora kuvuga ko bigoye kubantu bakuze kwamburwa burundu ibiryo bitetse. Nibyiza cyane rero, muricyo gihe nibakomeze gutsimbataza ingeso zabo mbi kubyo umutima wabo uhagije. Ariko niki kibahatira gutwika ibikoresho fatizo byumwana wuruhinja, kubisenya, kubambura ibintu byingenzi byingenzi, kubihindura mubintu byangiza hanyuma bikabiha umwana? Iyi myitwarire yubumuntu kubana b'inzirakarengane, ubu bugizi bwa nabi, igomba rwose guhagarara.

Nta tegeko ry'ubumenyi ribuza umubyeyi guha umwana we ingano zimeze aho kuba umugati wera, umuceri usukuye cyangwa macaroni; imitobe mishya ya karoti, amacunga, inzabibu na pome aho kuba amata yumye; imbuto mbisi aho kuba compote; ibinyomoro, amande, ibishyimbo bimera n'amashaza aho kuba inyama n'amavuta. Mu kurya ibiryo bibisi umwana yishimira ubuzima buzira umuze, yishimye, igihe kirekire, mugihe ubundi indyo yuzuye imutera indwara no gupfa bidatinze. Urashobora kwizeza ko umwana yifuza ibiryo bibisi nubugingo bwe bwose. Arasaba ko yakira ibikoresho bye bibisi mu buryo butameze neza kandi afite uburenganzira budashidikanywe.

Muganga cyangwa umubyeyi udafite ubwenge n'umutimanama rusange agomba kubikora, nta gushidikanya na gato.

Iyo ufite amezi atatu cyangwa ane ingingo z'umwana zitangiye gukora muburyo budasanzwe, umuganga utareba kure yandika ubwoko bubiri cyangwa butatu bwa vitamine yubukorikori mu mwanya wibintu ibihumbi n'ibihumbi byatwitse hejuru yumuriro, cyangwa cyane cyane arasaba ko, nkubuvuzi, ubwoko buke bwapimwe ikiyiko cyimbuto umutobe, bityo akaruhuka umutimanama we ndetse n'uw'ababyeyi b'umwana. Kuki umwana agomba kurwara vitamine, niba mumaboko ye nyina adasenywa vitamine ziboneka mubiribwa bisanzwe?

Reka duhumure amaso akanya gato kandi twishushanye ubwacu igitangaza cyose kamere ikora. Mugihe tumaze kwinjiza ingano imwe yingano mu ruganda rwumubiri wumuntu binyuze mumunwa, ibinyabuzima bifata izo ngano, bikamenagura bikabikwirakwiza mumubiri. Ibihumbi n'ibihumbi bitandukanye byibanda muri iyo ngano bigenda mu mpande zose kandi buri kimwekimwe kijya gukora inshingano zacyo. Rero, intungamubiri zinyuranye ziri mu ngano zingano zikora imirimo ibihumbi icumi kandi ikora imirimo yibinyabuzima yibinyabuzima nta kosa cyangwa inenge.

Ariko bigenda bite iyo twinjiye mu gifu morsel ya umutsima wera? Nta ntego ishyira igifu gukora; irashya igahinduka ubushyuhe butagira umumaro, cyangwa, nibyiza, ijya kongeramo amatafari make cyangwa amabuye kuri selile zimwe zidafite ubushake, zidafite agaciro. Umutima wumugabo ugaburira ingano nziza urakomeye kandi urakomeye nkingano y ibigori, mugihe umutima wumuntu urya umutsima wera ufite intege nke kandi ukaranze nkumugati anywa. Kuri ibi, shishoza umubare ugenta wiyongera kunanirwa k'umutima.

Birakwiye kubitangaza isi yose igaruye ubwenge uyumunsi kandi ukoreshe imyitozo yo kurya mbisi, usibye indwara zimwe na zimwe zateye imbere cyane mu ndwara zabo, nti hazabaho impfu zitunguranye mugihe cyimyaka mirongo itatu cyangwa ine iri imbere, kugeza abasaza

abantu bageze mu zabukuru bukabije. Nkuko bimeze, impfu ziterwa no kurya-guteka zirenze inshuro nyinshi ababaye mu ntambara zikomeye.

Mw'izina rya buri mwana utishoboye, nongeye kwiambaza abahanga bose, abagabo biga, abayobozi b'ibihugu, minisiteri yubuzima, ababyeyi nabagabo bafite umutima mwiza kwisi yose kugirango bahite bakuraho icyo cyaha kibi cyibasiye abana bato. Gutinda kwa buri munsu bitwara ibihumbi byinzirakarengane. Abantu bakuze bafite umudendeze wo gutanga ubuzima bwabo kubinezeza byica ibiryo bitetse bityo bakiyahura, ariko ninde wabahaye uburenganzira bwo kwica abana babo bakennye, cyane cyane nkibyo biryo, aho kubaha umunezero wose, byuzuye gusa abana bafite amahano? Ntabwo byumvikana kuvuga ko umwana namara gukura azabona abandi barya hanyuma we ubwe akumva yifuza kurya. Mbere ya byose, ubugome nko kurya-guteka ntibushobora kumara igihe kirekire kandi dushobora kwizera twizeye gutsinda kare kare-kurya-mbisi. Noneho hariho amamiriyoni yabantu babona ubusinzi cyangwa ibiyobyabwenge byabandi, ariko bakirinda kure izo ngeso mbi. Umwana wanyje asanzwe afite imyaka 6

(Ibi bivuye 1963, igihe iki gice cyigitabo cyandikwaga) na we irashobora kumva byose; abona ibiryo bitetse biribwa nabandi bantu, ariko we ubwe arabyanga n'ubugingo bwe bwose. Ni uwuhe muntu wabaswe na opium yigisha umwana we w'uruhinja kugira akamenyero ko kunywa ibiyobyabwenge? Ni ubuhe bwenge busanzwe butera umugabo gutamba umuhungu we kandi akamugira inshuti hakiri kare ku ngeso ze ziteye ishozi kugira ngo yemeze kandi akomeze ibiyobyabwenge? Reka ababyeyi babanze barere umwana muzima bakurikije amategeko ya kamere hanyuma, amaze gukura, nibareke inzira ye y'ibikorwa bizaza kubushake bwe, nkuko babikora kubindi bibi byose.

Nyuma yo gusoma iyi mirongo nta mubyeyi ushyira mu gaciro ushobora kubona ishingiro kuberako izindi nzego zatanze inama zitandukanye. Niba akomeje kwirengagiza ijwi ry'ukuri, agomba gufata ku rutugu inshingano zo kwangiza ubuzima bw'umwana we no guhungabanya ejo hazaza he. Umuntu agomba kubura urubanza rwabanze rwo gusimbuza ibintu 10,000 kubintu bya zeru, selile nzima ningirabuzimafatizo zapfuye, ibikoresheho fatizo byuzuye byuzuye kubintu byangiritse, karemano

intungamubiri nitungamubiri zidasanzwe, ingano zimaze kumera kumugati wera, amashaza yicyatsi ninyama, n'imbuto nshya na jam.

**Abahanga mu binyabuzima bya Gastrolatrous bagomba kwerekana ko Kamere ifite
Yakoze Ikosa mukutatugezaho ibiryo muri a
Leta yatetse**

Ndasaba kumugaragaro abahanga bose haba kwemeza ibitekerezo byanjye kandi kubitangariza ku isi yose, cyangwa kwerekana ko iyo ibiribwa bisanzwe bishyizwe ku muriro, nta gihombo kiboneka mu bigize intungamubiri cyangwa ibirimo ingufu; nta rupfu ruba mu ngirabuzimafatizo nzima kandi nta mpinduka zibaho mu itegeko nshinga rya atome. Bagomba kandi kwerekana ko mu kurema intungamubiri ku binyabuzima by'abantu, abakuze bakoze ikosa ryo kutatugezaho ibiribwa muri "kwezw", gutetse cyangwa gutwikwa, ko ibikorwa byakorewe mu nganda no mu gikoni. ni ingamba za siyansi zigamije gukosora, amakosa ya kamere kandi ko vitamine zakozwe n'abantu zifite agaciro kitungamubiri kurusha vitamine ziboneka muri kamere. Kunanirwa, bagomba kwemera amakosa mabi yakozwe kugeza ubu, kandi, bakuraho amafunguro yatetse burundu, bagomba guhungira mubwenge bwisi kandi bakareka kwivanga mubigize ibiribwa karemano byakozwe na kamere yisi. Reka abifata nk'abarya inyama barye inyama zabo, niba babishoboye, shyashya kandi zose, nkuko inyamaswa zitya inyamaswa zibikora, zitishe selile zazo cyangwa ngo zangirike muburyo ubwo aribwo bwose.

Ntabwo dufite uburenganzira bwo guhungabanya ubusugire bwibikoresheho fatizo byakozwe na kamere kubinyabuzima byabantu mugihe, hamwe nubumenyi bwose bwa siyanse dufite, tudashobora kurema ibinyabuzima bito cyane bifite ingirabuzimafatizo imwe; mugihe, dufashijwe nitungamubiri zose zizwi natwe, ntidushobora kugaburira ibinyabuzima muburyo bwa artile kandi bikomeza kubaho igihe kirekire; kandi mugihe twatsinze cyane kumenya igice cyigihumbi cyibintu mubinyampeke. Nibyo koko ubushakashatsi bwinshi bwakozwe kandi hari intambwe nini imaze guterwa mukumenya intungamubiri zitandukanye kandi kubwibyo intungamubiri nyinshi zingenzi

ibiyigize byavumbuwe, ariko ibyo byose byavumbuwe ntibishobora kuba bifite akamaro kanini kuruta guhanga ibyogajuru byakozwe. Itandukaniro riri hagati ya vitamine yubukorikori hamwe nitungamubiri zigize ingano y ibigori ni gahunda imwe n'itandukaniro riri hagati ya satellite yakozwe n'abantu ikorwa n'umubiri wo mu kirere bigize sisitemu yacu yose ya galaktike. Abahanga bakora satellite yubukorikori, ariko, ntibigera batekereza kurimbura injeje zihari no kuzisimbuza imibumbe miremire mishya yaremye ubwabo.

Amasomo yacu meza nukwiga neza amategeko ya kamere ubwihindurize bwibinyabuzima nimboga. Ariko, nta na hamwe, tugomba guhagarika imirimo ya kamere hanyuma tugerageza kuyubaka twifashishije ibibyimba bya glande na vitamine zikora.

Iyo dushyize igice cyibirayi cyangwa marrow mumavuta tugatangira kubikaranga, dutangira inzira yo kurimbuka kuva mugihe cyambere. Ihita itangira guhinda umushyitsi, guhina, guhinduka umukara hanyuma ikuma, kandi nidukomeza ibikorwa birebire gato, irashonga kandi ihinduka ivu risobanutse. Iyo mpumuro yo kurya iryoshye mu mazuru ni impumuro yibintu byingenzi byibiryo byibiribwa bisanzwe, bidusetsa kandi bikabura umwuka mubi.

Amagambo "guteka" na "guteka" ntagomba gukoreshwa muburyo bwa gutegura, kubaka no kunoza, nkuko byakoreshejwe kugeza ubu; bagomba gukoreshwa, ahubwo, kugirango berekane imyumvire yo kwangiza, gusenya, gutwika, kwica cyangwa kurimbura, kubera ko muri ibyo bikorwa dusenya ibintu by'agaciro bifite akamaro kanini ku binyabuzima byacu bityo tugakora icyaha gikomeye cyane cyibasiye inyokomuntu .

**Uruhinja rwanga uburyohe bwibiryo bitetse, Ninde
Kugaragara Kurya Ibyokurya Byokunywa Ibiryo gusa, Nka
Opium isa naho ishimishije umuntu wabaswe nibiyobyabwenge**

Abantu bafite ibitekerezo byoroheje bashobora gutekereza ko kwamburwa ari ubugome abana b'ibyishimo bikomoka ku buryohe bwibiryo bitetse. Bene abo

abantu bagomba kumenya ko mubyukuri, ibiryo bitetse ntabwo biryoshye na gato; basa nkaho biryoshye gusa kubanywa ibiryo, nkuko opium isa nkiyishimisha umuntu wabaswe nibiyobyabwenge. Kugeza ubu, nta muntu n'umwe wigeze atubwira uku kuri kworoshye, kuko kuva kera na rindi nta muntu wigeze arwara ibiyobyabwenge.

Ibice byumwana ukivuka byahujwe nibigize ibiryo bibisi gusa. Umwana yishimira cyane imbuto n'imboga mbisi.

Arya, yishimye cyane, ibinyampeke mbisi, ibirayi, ibishyimbo, aubergine, amashaza y'icyatsi n'ibinyomoro, biryoha cyane, ariko ntibishimisha abarya.

Umwana muto ntabwo akura umunezero uwariwo wose muburyohe bwibiryo bitetse; arazinukwa kandi aririnda n'ubugingo bwe bwose kandi nububabare bukabije amira ibyo biryo bidasanzwe. Ariko ababyeyi bakennye, boroheje ntibabyumva. Ayoborwa gusa n'ibiyobyabwenge wenyine, kandi, mu guhangayikishwa no kugaburira umwana neza, akomeza guhatira ibyo biryo bibi kumuhogo ku buryo ahindura umwana umusinzi, bityo bikangiza ubuzima bwe n'ibyishimo.

Mu myaka mike ya mbere yubuzima bwe, umwana akora ibintu bibi cyane urugamba rwo kurwanya ibiribwa bidasanzwe. Ibi bigaragarira mu ndwara nyinshi z'abana ndetse no kurwara igifu gikunze kwibasirwa n'abana, ndetse no ku kigero kinini cy'impfu z'abana. Uruhinja ni uruganda rushya rwubatswe, rutunganijwe neza. Ntazigera arwara nitutanga intungamubiri zisanzwe kubikorwa byimirire isanzwe yingingo ze.

Kwakira kwisi yose mbisi-veganism niyo nzira yonyine yo kubohora bose ikiremnamuntu kuva umuvumo windwara rimwe na rimwe. Ikwirakwizwa ryokurya mbisi rigomba gutangirana nabantu barwaye, abana bavutse, abantu bahawe ubushake nubwenge bukenewe, hamwe nababyeyi bafite ubushishozi bwabana barya mbisi, bazategekwa kuvana mumazu yabo ibimenyetso byose byibiribwa byangiritse kugirango kudashyira ibishuko muburyo bw'abana babo. Iki gihe cyambere cyo kwirinda kubushake ibiryo bitetse bizakomeza kugeza umunsi abayobozi bazazira

ibyumviro byabo, kandi baziyeze gutangaza kurya-mbisi ari itegeko, bityo bagashyira mubikorwa ubushake bwubushishozi bwibidukikije kubantu benshi batazi ubwenge, batubatswe. Igihe kizagera kurya-mbisi bizatsinda kwisi yose. Muri kazoza keza, guteka bizamenyekana nkicyaha.

Ingorane zitwa ko zo gukuraho ingeso yo guteka yatetse vuba ntigomba kuba urwitwazo rwo guhakana ingaruka zatewe nayo. Ntamuntu ugerageza gutsindishiriza ubujura, ubujura nubwicanyi, nubwo bitashobokaga kurandura burundu ibyo byorezo bibi mumuryango wabantu. Ingingo y'ingenzi ni uko abahanga bemera amahame kandi bakamenyesha rubanda ko imikorere yo guteka ibiryo ari bibi, bidasanze kandi biteje akaga, kandi ko ari yo nyirabayazana w'indwara. Ikibazo cya kabiri cyo gushyira-kurya-mbisi mubikorwa nyabyo birashobora gusigara kumurongo ukurikira wibyabaye.

Kurya-guteka byakurikiranye kubyara ibiyobyabwenge, indwara, siyanse y'ubuvuzi na farumasi. Intego nyamukuru yubumenyi bwubuvuzi ni ugusana no kuvugurura ingingo zangiritse kandi zangiritse. Mu mwanya wa siyanse yubuvuzi, urya mbisi afite siyanse cyangwa ubuzima bwe, ikigamijwe ni ukurinda kwangirika twavuze haruguru no guharanira ubuzima buzira umuze, bwishimye, burambye kandi bwamahoro kubisekuruza byubu nibizaza. Indwara zose ziterwa no kurenga ku mategeko y'ibidukikije. Kurya nabi bihatira abantu kubahiriza ayo mategeko.

Imyitozo yo Kurya Raw mu Muryango Wanjye

Kuba mfite imyaka 60 nshoboye kwandika iyi mirongo biterwa kurya-mbisi. Imyaka irindwi cyangwa umunani irashize umutima wanjye wari umeze nabi kuburyo umutima utera byanze bikunze. Nakundaga guhumeka kuzamuka intambwe nke; Ntabwo nari mfite imbaraga zihagije zo guterura indobo y'amazi. Kuribwa mu nda, kuribwa mu nda, gutwika umutima, kudasinzira, kubabara umutwe, ibirundo, gout, sclerose, umuvuduko ukabije w'amaraso, tachycardia, bronchite idakira, hemorroide ndetse n'imbeho nyinshi byari inshuti z'ubuzima wanjye kuva kera. Ndashimira kurya-mbisi nakuyeho izo mvururu zose. Nagabaniye burundu umuvuduko wamaraso kuva 18-20 kugeza 13, nigipimo cyanjye kuva 80-90 kugeza 58-60. Nta kimenyetso na kimwe cy'umunanaro,

Nshobora kugenda Tajrish ninyuma (intera ya kilometero 24) mumasaha ane, kuzamuka imisozi nkihene, kuzamura amavalisi aremereye hejuru yintambwe kandi iyo mbonye umwanya mfata urugendo rw'ibirometero 12 nkibisanzwe bisanzwe bya buri muni. Njyewe, icyarimwe narwaye bronchite idakira kandi nashyizwemo ibicurane inshuro nyinshi mu mwaka, byanze bikunze, ntabwo nigeze ngira ubukonje bukabije mu myaka mike ishize kandi naryamye mu kirere umwaka wose. itumba no mu cyi, nta bwoba buke bwaba ubukonje cyangwa mikorobe.

Mu myaka yashize, nagize igitero gikomeye cya goutte kuburyo ntashobora gukoraho ingingo z'urutoki runini; uyumunsi ndashobora kubagoreka n'imbaraga zanyje zose nta kimenyetso na kimwe cy'ububabare. Nihehe ku isi ibisubizo bisa byabonetse hakoreshejwe atophan, ACTH, digitalis, bromide, iyode, aspirine, antibiotike nindi miti ibihumbi?

Umutima ukora ku kigero cya 58 gukubitwa ku munota urashobora kwiringirwa ko uzakomeza gukora imyaka myinshi cyane utarigeze ugira ibyago byubwonko. Mugihe cyo guteka-kurya nko kugwa k'umuvuduko wa pulse bibaho gusa mugihe umutima ufite intege nke, ariko kubwanjye nigisubizo gisanzwe cyibisanzwe mubikorwa byumubiri wanjye.

Ni ngombwa cyane ko igihe cyose ngerageje kurenza igifu cyanyje inshuro nyinshi ingano isanzwe y'ibiribwa bisanzwe, ntibiguma mu gifu igihe kirekire, ariko byinjira mu mara icyarimwe hanyuma bikava mu mubiri mu masaha make, ntiriwe nkora kubora kwose kandi nta kubyara ikibazo gito cyigifu cyangwa kuntera ikibazo icyo aricyo cyose. Muri ubu buryo, umuvuduko wanjye wiyongereyeho inshuro zirenze enye cyangwa eshanu ku munota, mu gihe iyo ngerageje "guhaza" ibiryo bitetse nk "umuntu usanzwe," umutima wanjye uhita usimbuka ugera kuri 85-90 kandi bisaba iminsi kugirango igifu cyanyje kigarure imyumvire isanzwe yumucyo.

Hamwe nanjye ubwanjye, ndera umwana wanjye wa gatatu nkarya mbisi. Amaze kuba lass ntoya yimyaka irindwi, ariko ntabwo yigeze ashyira umunwa numwe mubiryo byangiritse mumunwa. Ubuzima bwe ni

kwerekana gutungana. Ubu ndashobora kubona itandukaniro rinini riri hagati yabarya mbisi nabatetse-barya. Biroroshye kurera abana ijana-barya mbisi kuruta umwana umwe utetse-urya. Ntabwo umuntu agira umwanya wo guhangayikishwa n'indwara z'abana nko gukonja n'imbeho, impiswi no kuribwa mu nda, cyangwa ibibazo bijyanye no kurya umwana cyane cyangwa bike. Yishimye nk'urumuri kandi igihe cyose abishakiye ajya kumeza kandi akifasha mubintu byose akunda kurya. Arakina, aririmba kandi arabyina umunsi wose nta bushake cyangwa caprices, nta kurira, nta guteza ibibazo abamukikije.

Yagiye kuryama saa munani z'umugoroba, amaze kurimbira wenyine iminota mike, ahumura amaso araryama nk'isonga kugeza saa kumi n'ebyiri za mu gitondo. Byongeye kandi, ni ibintu bitangaje cyane ko nyuma y'amezi make ya mbere dushobora kwibuka inshuro eshatu cyangwa enye gusa igihe yazindutse nijoro. Byimbitse kandi byuzuye ni ibitotsi bye kuburyo nta rusaku cyangwa kugenda bimutera kubyuka.

Iyo abandi bana bo mu ishuri ry'incuke bicaye kumeza yabo ya mugitondo kugirango bagire imigati na foromaje, umutsima n'amavuta, imigati, nibindi, azana umufuka we wimbuto yakuye murugo akabyishimira atuje. Iyo turi gusura inshuti, asa nuburangare bwuzuye kumeza yicyayi kirenze urugero abantu bicaraho kandi "bakishimira" ubwoko bwose bwibiryo hamwe nibijumba. Ntiyigera agaragaza icyifuzo, kabone niyo yaba afite amatsiko, kuryohereza na kimwe muri byo. Ni muri ubwo buryo abana bose barya mbisi bagomba kurerwa.

Umugore wanyije, uwo ntigeze mpatira ibitekerezo byanyije, buhoro buhoro guhindura gahunda yimirire kubwumwana we nubuzima bwe, ubu yahindutse abarya-mbisi yuzuye kandi anyuzwe nubuzima bwe. Mbere na mbere, yaretse inyama burundu hanyuma agabanya ibiryo bitetse inyama kugeza kuri kimwe cyangwa bibiri mu cyumweru. Mugihe umwana yakuze gato, ibi byasimbuje ibirayi bike bitetse bifatwa rimwe na rimwe. Amaherezo, aba nabo bararetse rwose igihe umunsi umwe umwana yabajije ati: "Mama, impumuro mbi ite?" Nyuma yibyo, yafashe agace gato gusa k'umugati wamafunguro rimwe na rimwe yaryaga hamwe na ÿÿÿ u, atabonwa numwana. * Uyu munsi, abona ingaruka nziza zo kurya mbisi ku binyabuzima bye kandi ntibitangaje,

kubwibyo, ko yirinda ibiryo byose bitetse. Kandi ibyo byose byagezweho nta ngorane nyinshi, iyo icyemezo kimaze gufatwa umwete. Iyo nta mpumuro y'ibiryo bitetse murugo, kurya-mbisi biba ibintu byoroshye cyane. Nuburyo bukwiye gukurikizwa nababyeyi bose baha agaciro ubuzima bwabo kandi bakunda abana babo.

Ingeso mbi zose zumuntu nigisubizo cyo guteka

Kurya

Kurya nabi bizirukana mu kibuga izindi ngeso mbi zose nko kunywa inzoga, kunywa itabi, ibiyobyabwenge n'ibiyobyabwenge. Izi ngeso ntizishobora guherekeza kurya-mbisi. Izi ngeso mbi ni satellite yo kwizirirwa n'ibiryo.

Intsinzi yo kurya-mbisi, amahoro arambye azashyirwaho amaherezo kwisi no hagati yamahanga. Ibyaha byose, inzangano, inzangano, ubwibone, ishyari kandi, muri rusange, ingeso mbi zose zabantu ni urubyaro rwo kurya-guteka. Mugihe cyo gukuraho-guteka-kurya irari ryabagabo bizatuza, ibitekerezo byabo bizahinduka kandi ubuzima buzoroha kuburyo abagabo batazongera gutegekwa gutanyagura inyama cyangwa kugurisha umutimanama wabo kubera akajagari.

Igiterekerezo cyimirire gikwiye kugarukira kuri Gusimbuza imirire idasanzwe na Kamere

Uburyo bwo kugaburira

Kurya byuzuye-mbisi niyo nzira yonyine yo kubohora abantu indwara. Igice cya kabiri nticyigeze gitanga kandi ntikizigera gitanga ibisubizo. Mubihe byubu byo guteka-kurya ibyaribyo byose byemewe kubara agaciro kitungamubiri zimirire yihariye bigomba gufatwa nkibidafite konti. Nubwo uburwayi bwaba bumeze bute, mugihe ikibazo cyimirire kirimo kuganirwaho tugomba gutekerezwa gusa kubijyanye nibibisi nibitetse, karemano nibidasanzwe, byera kandi byangirika. Ibyifuzo byatanzwe buri munsi kuri radio, mu binyamakuru no mu bundi buryo butandukanye ku ikoresha rya vitamine zihariye, imyunyu ngugu na poroteyine, hamwe namakuru yatanze ku ndangagaciro za calorie, ni y

bidashoboka, bidafite agaciro kandi biteje akaga, cyane cyane iyo bishingiye ku gukoresha ibiyobyabwenge n'ibiribwa by'amatungo.

Mugusuzuma imiterere yibintu byitungamubiri kugiti cyeye, ntitugomba guhangayikishwa na gato kubijyanye na vitamine runaka cyangwa ibindi bintu bigize intungamubiri. Nuburyo budahinduka bwibintu byose bitandukanye muri buri munwa wibiryo bigomba kuba itegeko. Tugomba rero kwitondera ko ntanumwe mubatoye udahari mubiryo turya. Nibibaho iyo turya ibiryo byimboga mbisi bibisi, mugihe mubiryo bitetse ntibiboneka mubihumbi byabo.

Mu binyejana byashize, inzobere ibihumbi n'ibihumbi zakoze imirire ubushakashatsi bwabo bwihariye. Ariko kubera ko bitaye ku bibazo bya kabiri gusa kandi bakaba batitaye ku byangijwe n'umuriro w'igikoni, ubushakashatsi bwabo bwananiwe gutanga umusaruro wifuzwa kandi ikirushijeho kuba kibi, kubera kwivuguruza kwinshi, babereye abantu nabi. Ndetse n'abarya ibikomoka ku bimera, bashobora gufatwa nk'abateye imbere muri bo, ntibihanganiye gusa ibyangijwe n'umuriro, ahubwo bihanganiye no gukoresha imigati yera n'isukari itunganijwe, idafite ibintu byose bifite agaciro. Nubwo bimeze bityo ariko, tugomba kwatura ko mugutsinda ibiyobyabwenge byabantu, ibikomoka ku bimera byanyuze mumihanda ihanamye. Intambwe igoye cyane ni ukwirinda inyama, nyuma yo gusimbura indyo itagira inyama nibiribwa bibisi nintambwe nto gusa, nubwo ariyi ntambwe nto bagomba kugera kuntego zabo zanyuma. Niyo mpamvu, byitezwe ko abarya ibikomoka ku bimera bingeri zose bazemera amahame yo kurya mbisi kandi bateranira hamwe munsu yibendera rimwe, kugirango bashireho urufatiro rwubuzima bushimishije bwahoze ari inzosi zabantu.

Nka nzobere mu bijyanye nimirire, izina ryiza ryatsindiye muri Amerika na G. Hauser. Ariko na Hauser, utera imbere nkuko agereranya nabandi baganga bashinzwe imirire, ntabwo yitaye ku ngaruka zatewe no guteka bityo akaba agera ku kugarura ibyangiritse mu gikoni akoresheje imiti. Reka dufate akanya ko inama ze

irashobora gukora intego zingirakamaro. Ariko nihehe umukozi, umukozi wo muririma cyangwa umuntu usanzwe mumuhanda kugirango abone amafaranga igihumbi agomba kwishyura kugirango abone amakuru yukuntu molase yumukara agomba gufata mugitondo, umusemburo angahe nimugoroba? , cyangwa ibice ibihumbi bingahe bya vitamine runaka agomba kumira buri muni?

Ubu ntabwo aribwo buryo bwiza. Birakenewe kumenya byose isi uko bishoboka kwose hamwe nibikoresho fatizo byibinyabuzima byumuntu, guhindura byimazeyo ingeso zimirire zubu no guhagarika ibyifuzo byamafunguro yihariye na vitamine kugiti cye.

Abagabo ba siyanse bazi ko ntamuntu ugaburira gusa indyo yumugati, umuceri usukuye cyangwa inyama ushobora kwizera kuramba. Ariko umuntu usanzwe ntabwo abizi. Kuri we, ibyo biribwa bitanga intungamubiri nziza. Nigute dushobora kwemeza ko dukurikije ibihe cyangwa binyuze mubitutu byubukene umuntu atazigaburira ubupfapfa hamwe nabana be kuri ibyo biribwa wenyine kandi ntazakwangiriza ingaruka? Ndetse n'umuhanga uzwi cyane, uzi neza ko ari kumwe nisomo ryose, ntashobora kunanira irari ry'umururumba we kandi aya byinshi muri ibyo bintu bivumwe ku buryo yiyahura buhoro ariko byanze bikunze, kandi akayahura vuba vuba akoresheje kanseri cyangwa indwara y'umutima. Ntabwo bihagije rero, kwamamaza gusa ibi bitekerezo mubitabo; ni ngombwa gukangurira inzego zibereye za leta kugira ngo habeho impinduka zifatizo, ziteganijwe mu ngeso zimirire yabaturage. Hagomba gufatwa ingamba zifatika zo kugabanya buhoro buhoro imyanda myinshi y'ibigize intungamubiri no gushishikariza kurya ibiribwa bibisi kandi bitanduye. Intego yanyuma yubwoko bwose bwimirire ni ukurya-mbisi, mugihe ijamba "indyo" ryataye ibisobanuro kandi rigaha umwanya imvugo NUTRITION KOKO CYANGWA INTEGRAL RAW MATERIALS Z'URUGANDA RWA MUNTU.

Gukoresha Vitamine Yubukorikori namabuye y'agaciro bigomba kuba

Yahagaritswe

Umubare ugereraniye nitungamubiri zitungamubiri mubiribwa karemano ziratandukanye cyane, nukuvuga ko kurwanya miligarama imwe yikintu kimwe hashobora kuba igihumbi cya miligarama yikintu cya kabiri na miriyoni ya miligarama ya gatatu. Ariko ibigize bipima miliyoni imwe ya miligarama ningirakamaro nkuruganda rwabantu nkuburemere bwa miligarama imwe. Noneho, mugihe cyo guteka nibyo rwose ibyo bice bibaho mumirongo mito gusa byangiritse murwego rwa mbere.

Umuntu arashobora kwibaza impamvu hamwe nibikoresho nkibikoresho bifite inenge uruganda rwabantu rudahagarika gukora icyarimwe, nkuko uruganda rusanzwe rwabikora, ariko rukomeza ibikorwa byarwo igihe kirekire, bityo bigatuma abantu bagera kumyanzuro yibeshya ko ikintu cyose gihaza ubushake bwabo ari intungamubiri .

Ikigaragara cyo ni uko umubiri w'umuntu utari usanzwe uruganda. Nisi nini cyane ifite milliard yabatuye, inganda zitabarika, imiryango itandukanye, sisitemu, ububiko, ububiko, nibindi nibindi. Nubwo itabona imirire iyo ari yo yose, irashobora gukomeza kubaho kugeza ku minsi 70 cyangwa irenga mu guhamagarira gukoresha ububiko bwayo bwabitswe.

Nyuma yo kwinjira mu binyabuzima, intungamubiri zikwirakwizwa mu mubiri w'umuntu hakoreshajwe amaraso kandi buri selile yakira ibintu bikwiranye n'imiterere yabyo. Ariko ingirabuzimafatizo za glande ngingo ntacyo bitwara mubintu bike byangiritse biboneka mubiryo bitetse muburyo buto bushobora kubarwa kurutoki. Bakomeje gutegereza, mu nzara no kwiherera, kugeza igihe shebuja yiyemeje kurambura intoki kugira ngo yifashe ku gice cy'igitunguru, imboga rwatsi cyangwa imbuto.

Umuntu ntabwo yumva inzara yingirabuzimafatizo kugiti cye, nubwo, inzara ikabije yingirangingo na glande, igifu cye cyuzuye, ibiyobyabwenge byanyuzwe, we ubwe aranyuzwe. Ariko nanone ibikubiyemo byinshi ni selile zidafite agaciro, zidafite ubushake kandi zidakora, ziry umururumba "ibikoresho byubaka byuzuye" bihuye

ku miterere yabo no "gushimangira no gushimangira" umubiri wongera ubwinshi.

Ninimpamvu ituma hamwe nibiro 50-60 bya selile zirenze urugero, zidafite akamaro, uwitwa ubuzima buzira umuze, umunyembaraga kandi ufite imbaraga ntabwo afite garama magana yingirabuzimafatizo zikora, zihariye, aho imwe cyangwa izindi glande ye ishobora gukora buri gihe no gukora ibicuruzwa bitagira amakemwa. Igihe cyose glande ngingo zitigeze zamburwa ibisigisigi byanyuma byingirabuzimafatizo, umugabo arashobora gukurura kubaho kwe muburyo runaka; ariko iyo barangije kumara, urupfu ruba byanze bikunze. Noneho umuntu "uhaze," "umusitari" n "" imbaraga "apfa azize inzara ngingo. Kurugero, selile yumutima itakaza imbaraga zikenewe hamwe na elastique yo gukora kwikuramo bisanzwe. Umutima uhita ugerageza gukiza ibintu wongera umubare wingirangingo zawo, kubwibyo biba binini hamwe ngingirabuzimafatizo ziva muri poroteyine zinyamaswa numugati wera. - Ariko ibi ntacyo bimaze, kuko utugingo ngengabuzima tubura ubushobozi bwo gukora umurimo uwo ariwo wose w'ingirakamaro kandi ntibitwara igihe kinini mbere yuko urugingo ruhagarika gukubita burundu.

Ntabwo tuzi neza, umubare utandukanye ujya gukora ingano z'ingano cyangwa iyindi mibiri y'imboga. Reka dufate hypothetical, umubare ugereranije, vuga 10,000. Dukurikije amategeko yibanze yibidukikije dukwiye noneho gutekereza ko ibikoresho fatizo bikenewe muruganda rwabantu bigizwe nibintu 10,000 bitandukanye, kandi mugutanga ibyo bikoresho ni ngombwa kwitondera byumwihariko ko umwe cyangwa undi mubatoye atari adahari. Ubu ni bwo buryo busanzwe bwo kwemeza imikorere isanzwe y'uruganda rwabantu.

Noneho reka turebe uko topsy-turvy imirire yibi biryo-bitetse imyaka ni. Abagabo bitwaza ibintu byinshi byingenzi kandi bagaburira imibiri yabo nubwoko butandukanye bwibigize.

Nyuma yimyaka yubushakashatsi bukomeye abahanga mubuzima bwibinyabuzima basanga hari ubwoko 1015 gusa bwibintu muri foromaje, amavuta, umwijima cyangwa ubwonko. Umuntu yaba yiteze ko batura ko bitewe nakazi kabo kamaze igihe kinini basanze ibiribwa nkibi nibindi bigizwe na 10-15 gusa

ubwoko bwibintu byangiritse, bitaringanijwe, byangiza uburozi, byangirika kandi byapfuye, hamwe nibigize bigize ibikoresho byacu bibisi, amoko 9990 ntahari, kubwibyo, ibyo biribwa ntibibuze, byangiza kandi biteje akaga kuburyo kubikoresha nkingungamubiri bitagomba kuba bisabwa na buri wese. Ariko, aho, bagaragaza umwe umwe amazina yibintu byose bashoboye kubona muri ibyo biribwa, basobanura birambuye imikorere yabo mumirire kandi, nyuma yo kubara imitungo yabo, babasaba ko ari intungamubiri "zingirakamaro". Nta jambo na rimwe bavuga ryerekeye ibihumbi by'ibigize intungamubiri, nta nubwo bavuga uruhare rwabo mu mirire cyangwa ingaruka mbi zidahwema gukurikira kubura kwabo.

Nyamara, ibi bitekerezo nibintu byingenzi byikibazo.

Hagomba kuzirikanwa ko rero manifold ari imikorere ya mbisi ibiribwa mubinyabuzima ko nubwo mubitangaza bimwe umuntu yaje kubamenya byose, ubuzima bwose ntibwaba buhagije kubisobanuro byabo gusa. Tugomba gufata nk'imwe mu mategeko y'ibanze agenga imirire ko nta ntungamubiri zishobora gukora intego zazo niba zifashwe mu bwigunge, usibye zose.

Iyo umuntu yerekanye ndetse na siyanse uzwi cyane ko ahari nta kimenyetso na vitamine iyo ari yo yose mu mugati wera aya, yisubiraho, nta gushidikanya na gato, ko na we aya ibiryo birimo vitamine Hamwe no gutsindishirizwa kimwe, umubumbyi w'amatafari ashobora kurambika amatafari umunsi wose kandi akazamura urukuta rwe nta minisiteri, hanyuma hanyuma mpaka ko hari igihe akoresha minisiteri, nayo. Ngiyo ubuhumyi buterwa no kwizizirwa n'ibiryo.

Umugati wera ni iki niba atari ibinyamisogwe, isukari, ibinure, proteyine nubwoko butandukanye bwumunyu wapfuye - mu yandi magambo, gusa ivu ridafite ubuzima rya bike mubigize 10,000 bigize ibikoresho byacu bibisi? Isukari itunganijwe ni iki niba atari imwe muri 10,000 yavuzwe haruguru? Inyama niki niba atari poroteyine zirimo uburozi hamwe nibisigisigi bike byangiritse? Nyamara, umuntu yuzuza igifu cye ibintu bike kandi abuza ingingo ibihumbi nitungamubiri zingenzi. Kubyerekeye imvururu zavutse ziza mu ngingo ze, umuntu arashobora gushiraho

igitekerezo runaka usura ibitaro cyangwa ugasuzuma amashusho mubitabo byubuvuzi. Nigute ihindagurika riteye ubwoba, ibisebe n'ibisebe bishobora guterwa, niba bitatewe no kubura intungamubiri zisumba izindi?

Nubwo kugeza ubu abahanga bavumbuye ubwoko 40-50 gusa bwibihumbi byintungamubiri, igice kinini cyibitabo byubuvuzi cyahariwe gusobanura ingaruka zibyo bintu, nacyo kikaba ishingiro ryibindi bikorwa byinshi byubuvuzi. Uretse ibyo, urusobe runini rw'ibigo by'ubucuruzi byakwirakwiriye mu burebure no mu bugari bw'isi kugira ngo bikorwe kandi bikwirakwizwe.

Turashobora kwiyumvisha neza uko ibintu bizagenda niba, aho kuba 40-50, abahanga mubushakashatsi batsinze umunsi umwe mugushakisha 400 cyangwa 500, tutibagiwe nubwoko 4000 cyangwa 5.000. Umugabo wiki gihe asa nkuwataye umutwe ubudakemwa bwibikoresheho fatizo bikenewe kumubiri we; haba badahita abifata cyangwa asanga bidashoboka kubibona. Agomba rero kureba muri buri mpande zose kugira ngo abone umwe umwe kugira ngo ahaze ibinyabuzima bye. Abahanga mu bushakashatsi bafata nkubumenyi gusa ibyo bintu formulaire bizwi kandi byacapishijwe mubitabo. Nkuko badafite ubumenyi bwimiterere yuzuye yibigize ingano, nta kintu na kimwe babona muri siyansi. Nibintu "bisanzwe" byoroshye kuboneka, byuzuye ahantu hose kandi bizwi nabantu bese. Ariko nibintu bitandukanye cyane mugihe batsinze kuvumbura intungamubiri nshya no kubona formulaire. Ihinduka siyanse; ivumburwa ryayo ryishimiwe nk'intsinzi ikomeye mu rwego rw'ubuvuzi, ikindi kandi, itangiza ishyamba n'ishyamba mu nganda, farumasi n'amavuriro. Kandi ibi byose ni ukubera ko umuntu adashakira kureka umugati we wera.

Uzaze uko byagenda kose, abantu bagomba amaherezo kwemeza ko inzira imwe rukumbi yo kwikuramo indwara ari ukubanza kugabanya byimazeyo hanyuma tukabuza burundu kurimbura kwinshi kwintungamubiri zacu.

Kugira ngo ibyo bishoboke, inzego zibishinzwe zigomba gukora cyane kandi igomba gufata ingamba zihamye zo gukumira irimbuka rusange

itungamubiri. Bagomba kubona ubwoko bushya bwibiryo bivanze nuruvange rwibiribwa bibisi kandi bakabisaba kubaturage, ingeso zabo zimirire zizahinduka buhoro buhoro. Kubera iyo mpamvu, indwara zibasiye inyokomuntu zizavaho buhoro buhoro kandi ubukungu buhebuje buzagira ingaruka ku mibereho yacu.

Mbere yuko tuba abarya mbisi, umuryango wacu wasangaga turya ikiro cy'umugati buri muni, mugihe ubu ikiro cy'ingano kimara iminsi umunani kugeza ku 10. Ku ndyo yumugati wera nari nkwiye kuba narapfuye kera, ariko kubera ingano zitanga ubuzima ndacyabaho, kandi ndumva nzi neza ko nzabaho byibuze indi myaka 40-50.

Kugereranya Hagati yubuzima bwo Kurya Raw na Kurya Abana Batetse nuburyo bwiza bwo kwemeza ingaruka zatewe no kurya ibiryo bitetse

Amahame agomba mbere na mbere gukurikizwa muri pepiniyeri y'umunsi, mu ngo z'abana, mu bitaro no muri resitora, hanyuma zigomba gukwirakwizwa binyuze mu kumenyekanisha rubanda muri rusange. Hamwe nibintu bisobanutse kandi bidasubirwaho nkuko nabigaragaje, twizere ko abahanga bareba neza bazahita bakora icyarimwe. Ariko niba bifuza kugira ibindi bimenyetso bifatika, ndasaba ikizamini gikurikira. Reka impinja ziri munzu imwe yabana zigabanyijemo amatsinda abiri angana, imwe ikaba igomba kugaburirwa nuburyo bwubuvuzi bugezweho, indi ikazanwa namahame yo kurya mbisi. Noneho reka ubuzima bwamatsinda yombi bugereranwe nundi. Sinshidikanya na gato ubwo burenganzira guhera mu ntangiriro bizagaragarira isi yose niyihe muri sisitemu zombi), imirire mubyukuri siyanse nubumuntu. Ibisubizo bimwe birashobora kuboneka muguhuza uburyo bwo gukiza abarwayi bo mubitaro.

Abantu benshi boroheje bashobora kwanga ikizamini kubera ko ari icyaha cyangwa ko ari bibi gukora "ubushakashatsi" ku bana. Ariko, niba abantu nkabo batekereza byimbitse gato, bazabona ko atari igeragezwa ryo kurengera ubuzima nubuzima bwumwana bamugaburira hamwe nicyegeranyo cyuzuye cyibigize itungamubiri zigenewe

na kamere kubinyabuzima byabantu. Ubushakashatsi nyabwo ni ibyo bizamini bya kimuntu bikozwe bitwaje siyanse hamwe nubwoko butandukanye bwibintu bya sintetike bitamenyekana muri laboratoire kugeza ubu, bitewe nuko miliyoni zabana bava mubuzima bakiri bato, bigatuma ababyeyi babo bashavura. intimba. Ubushakashatsi nicyo gikorwa gikinisha ubuzima bwabaturage kubiribwa 10000 byangirika nibiribwa kandi bitera indwara nshya. Izi ndwara zitwa mu buryo bwitondewe indwara z'ubusabane, nta kumva ko hari isoni zatewe n "umuco" kandi utagaragaje ko ibihe byabyaye izo ndwara bishobora kwitwa ubujiji, ubugome cyangwa ubugome, ariko ntibigere bibaho.

Inzego za siyansi n'inzego za Leta zibishinzwe zigomba Suzuma Ikibazo cyo Kurya Raw Ntakindi

Gutinda

Nasabye igitekerezo gikabije kandi icyarimwe uburyo bworoshye kandi karemano abantu bazakuramo indwara zose zo kwisi. Iki nikibazo gikomeye cyane abahanga, abaganga, abanyabwenge ninzego za leta zibishinzwe bagomba kwitondera byihuse. Bagomba kwerekana kumugaragarako nibeshye mubitekerezo byanyje kandi nkabihakana nubushakashatsi bwibanze, cyangwa bagomba kwemeza ukuri kwabo bagafata ingamba zikenewe zo kubishyira mubikorwa. By'umwihariko, niba hari abaganga batitayeho cyangwa guceceka bagaragajwe n'abaganga, birashobora gusobanurwa n'abaturage muri rusange nk'ikibazo kigaragara cyo kudashaka kwirinda indwara, kugira ngo umurima wabo cyangwa ibikorwa byabo bitagabanuka. Ku giti cyanyje, ntabwo nizera ko muri rusange ari ukuri, kubera ko abantu bake bashobora kuba abagome; ariko abaganga bagomba gutanga ibimenyetso bifatika byerekana ko bafite intego yo hejuru kandi nziza kuruta gushaka amafaranga, kandi ko mubyukuri intego yabo ari serivisi ya siyanse, gukorera abantu.

Abaganga b'icyubahiro, bashishikariye rubanda kandi bakunda inyungu zabo bagera ku ntego bifuza bemera kurya-mbisi, mu gihe abaganga badafite ubumuntu, kwikunda no kwifuza babibona muri bo igihombo cyabo. Ingorane zivugwa zo guhindura imigenzo yashinze imizi irashobora gusa kuba urwitwazo rukabije

kwitwikira inyungu zidahwitse zabantu babi. Ubuvumbuzi bwo kurya mbisi nuburyo bwiza bwo gutandukanya abanyacyubahiro no kutirengagiza, ibyiza nibibi, abanyabwenge nabanyabwenge.

Nta gikorwa gifite agaciro gakomeye kirenze ikwirakwizwa-kurya-mbisi. Birakenewe gukangura abantu bose kuva ibinyejana byinshi byasinziye, guhumura amaso, kuyikura mubunembwe no kuyikura mubitotsi byubu. Abakire bagomba gutanga amafaranga yabo kubwiye mpamvu; abanyabwenge ubwonko bwabo. Ni ngombwa gushinga societe, gushinga clubs, gutangaza ibinyamakuru no gucapa ibitabo. Byongeye kandi, birakenewe ko hubakwa isuku yagutse ifite ibyangombwa byose byo kuruhuka, kwidagadura na siporo, kandi hakoreshejwe "igifungo" cy'amezi make kugira ngo ukire, usubiremo imbaraga, udafite urwikekwe rwangiza, kandi ufashe kandi umurikire abo bantu abuze amakuru akenewe nubushake. Nibyiza cyane kandi byifuzwa gukoresha amafaranga nimbaraga kuriyi ntego kuruta kubaka inyubako zidafite akamaro tudakeneye nk'amatorero cyangwa amashuri n'ibitaro. Kurya nabi ni ibuye rikoraho dushobora kugenzura niba umunyabwenge afite imanza zubuntu kandi zidasobanutse, cyangwa ninde muntu ushishikajwe nubuzima n'imibereho myiza yabaturage. Mu nyuguti za zahabu niho amateka azandika amazina yabantu nkabo.

Ntabwo ari icyaha kuvuga ukuri

Abantu bamwe banshinja kuba mfite ururimi rukarishye. Iyo mpamagaye abarya batetse abicanyi, filiside n'abagizi ba nabi, ntabwo ndimo gushinja; Ndimu mvuga ukuri gusa, birakaze nkuko uku kuri kuba. Iyo umubyeyi yuzuza umunwa umwana we akunda ibiryo bishyushye n'amaboko ye yitonze, yangiza ingingo z'umwana we bikamuviramo kurwara no gupfa. Mugihe umuganga ategura indyo yitungamubiri "nitungamubiri" kandi "byoroshye gusya" kubana bato kandi

agena ibinini bya vitamine yubukorikori yishyuye imboga n'imbuto, akora icyaha gikomeye kurushaho.

Buri muni nitegereza uburyo, kubwigitangaza kidasanzwe cyamateka, abanyanteye nke nabarwayi bafata nkibikiza ibyo bintu byabaye intandaro yuburwayi bwabo, kandi nkabarya umururumba, mugihe, kurundi ruhande, birinda ubwoba bwonyine ibintu (imboga mbisi n'imbuto) bishobora kubisubiza mubuzima, gusa kuberako babifata nkintandaro yububabare bwabo. Abantu babarirwa muri za miriyoni bahabwa ubuzima kubera gusa iyi myumvire mibi yica. Umuntu winjiye mubwimbitse bwibyago ntashobora kwigera akonje kandi atitaye kubantu.

Nta mbogamizi yemewe ibaho irwanya isenywa rya Ibikoresho bibisi bigenewe uruganda rwabantu

Iyo inenge nkeya ije kugaragara muburyo bukwiye bwa ibikoresho fatizo bitangwa mu nganda zo mu ntara, ababishinze barashinje uburangare bakazanwa mu gitabo, mu gihe abakora ubusambanyi bukabije mu bikoresho fatizo bikenewe kugira ngo uruganda rw'abantu rukore neza usanga badafite scot. Muri iki kinyejana cya siyansi yataye imbere, umuntu utazi ubwenge nubucucu afite uburenganzira busesuye bwo gushakisha uburyo bushya bwo kwangiza ibiribwa karemano, no guhimba no gutanga kugurisha ibiryo bisekeje cyane. Ariko igitangaje cyane ni uko umuhanga ukomeye, cytologue ukomeye, witangiyeye ubuzima bwe mukwiga imikorere yibinyabuzima ya selile nzima, cyangwa umuganga w'imirire, intego nyamukuru mubuzima bwe ni ugukora hanze ya indyo yuzuye kumuntu, igura ikirundo cyibintu byangiritse kandi ikabiha ingirabuzimafatizo ye, hamwe no kutitaho cyane no kutitaho ibintu, iyobowe namagambo ye yonyine.

Urebye, birasa nkaho bidashoboka ko dushobora kwigobotora indwara zose hakoreshejwe kurya-mbisi. Ariko ubunini bw'igitekerezo bushingiye ku kuba "umuntu utizera" byoroshye kuba impamo. Ingorane zo kureka ibiyobyabwenge-ntizigomba gufatwa nkinzitizi yo kugera ku ntego ya

kurya-mbisi; Ibinyuranye na byo, bigomba kuba nk'igipimo cyo gupima imbaraga z'umwanzi ku bantu kandi kigomba kudutera imbaraga zo gukora ibishoboka byose ngo twirinde ko icyo gikoko giteye ubwoba cyinjira mu binyabuzima by'umwana wavutse vuba. Ndetse abo bantu basanga bigoye kureka amafunguro yatetse ubwabo, kandi bagakomeza gutsimbarara ku ngeso zabo mbi, bagomba kwemeza ukuri, kandi kugirango ibisekuriza bizamuka ndetse n'ejo hazaza h'abantu bagomba kurwanira intsinzi y'uku kubwiriza. no gusobanura amahame yo kurya mbisi hamwe nubundi buryo bwose bushoboka.

Birumvikana, kuri bariya bantu bafite ibitekerezo bigufi kandi basubira inyuma ababogamye bidasubirwaho bashyigikira ibiryo bitetse nibiyobyabwenge amahame yo kurya mbisi aratera imbere cyane, ariko uyumunsi tubayeho mugihe cyisi, kandi ntabwo ari mugihe cyo hagati, mugihe buri gitekerezo cyiterambere cyangwa igihangano gikomeye cyari kimaze imyaka gitotezwa na injiji. Uyu munsi, nikibazo cyo kubaho cyangwa kurimbuka kwabantu byashyizwe imbere yacu. Kwanga ni ubumuntu.

Kurya Raw byemeza ko inyungu nyinshi kumugaragaro Ubukungu no kuzamura urwego rwimibereho Benshi Ibihe

Ubwinshi bwitungamubiri zangirika ku muriro kandi nuburyo bwinshi bwo gukuramo, gutunganya no gutunganya. Nkurugero hashobora kuvugwa ko garama 100 z'ingano zimaze kumera zifite agaciro kitungamubiri kurenza umutsima wera wabonetse mubiro byingano. Ibyo ni ko bimeze no ku bundi bwoko bwose bw'ibigori, ibinyamisogwe, imboga n'imbuto. Turamutse dutanze ibiribwa byose byinyamanswa muri iki gihe, imboga zikorera ku isi zizashobora kwigaburira ubwazo inshuro nyinshi abatuye isi muri iki gihe, mu gihe ziribwa muri leta. Igisobanuro nyacyo cyo kurya-mbisi kizarushaho kumvikana, mugihe dutekereje kumurimo, umwanya namafaranga abantu bata mugusenyi izo ntungamubiri, hanyuma tukareba byose

amafaranga yo kwivuzza yakoreshejwe na minisiteri zitandukanye zubuzima ndetse n'abaturage muri rusange twizeye gukuraho ingaruka zatewe mu ngingo zacu no gusenya izo ntungamubiri. Niteguye kwerekana ukuri kw'amagambo yanjye nkoresheje ibimenyetso bifatika kubantu bose bifuzaga kugira ibindi bisobanuro kuriyi ngingo. Amateka ntazigera ababarira abantu bafite inshingano mubuyobozi bagaragaza ko batitaye kuri iki kibazo kandi bagatega amatwi uku kuri kurira kugirango bagaragaze ko babaswe.

Hashobora kubaho impamvu ebyiri gusa zo kwanga kwakira amahame yo kurya mbisi. Bashobora gutangaza ko bahisemo kwihanganira kubaho kwindwara aho "kwambura" abantu "ibinezeza" byokurya bitetse no kureka amahirwe yo gushyira mubikorwa urutonde rwose rw'ibyagezweho na siyansi" byagezweho nkigisubizo by'akazi gakomeye cyane, cyangwa, no gukora ibizamini by'ibanze nasabwe na nyje, bagomba kwerekana ko, aho kubohora abantu indwara, kurya mbisi mubyukuri byangiza cyane.

Ibi bazabona bidashoboka gukora. Bikurikiraho ko ntayindi nzira bafite uretse kwishingikiriza kubitekerezo byabo byambere, ubumuntu bukabije bugaragarira bose.

Kubera icyo mpamvu, mu izina ry'abana bose b'inzirakarengane, ndasaba ko abatavugaga rumwe n'ibiryo-mbuto bagomba gutanga ibitekerezo byabo mu binyamakuru, kugira ngo babone igisubizo kiboneye kandi igitekerezo rusange kibone umwanya wo gufata imyanzuro ikenewe no gutangaza ibyacyo urubanza rwanyuma kandi gusa.

Umuntu wese agomba kumenya ibimera nyabyo kandi byuzuye ibikoreshe byumubiri we

Umuntu ku giti cyeye ni ishema nyirubwite umwe mubigoye inganda ku isi kandi niwe wenyine ushinze imikorere myiza y'uruganda rwatanzwe. Birakenewe rero ko agomba kumenyera byimazeyo ibikoreshe nyabyo, bitagira amakemwa kandi byuzuye byuruganda rwiza.

Ubusugire bwibyo bikoresho fatizo ntibugenwa nubunini bwa poroteyine, ibinure, karubone, vitamine, imyunyu ngugu na karori byagaragajwe n'abahanga mu binyabuzima bo muri iki gihe mu bitabo byabo ku mirire. Ntanubwo bishoboka kubimenya ushyira kuruhande urutonde rurerure rwibisubizo byibiryo bitetse.

Binyuze mu myaka miriyoni na miriyoni kandi ukurikije imibare isobanutse neza kamere yacu nziza cyane yahujije ibikoresho fatizo byingenzi bikenewe mubinyabuzima byabantu, ibahuza mubwumvikane bwuzuye kandi mubwinshi bukenewe, ibaha ubuzima kandi ibishyira mubibabi. imibiri muburyo bwa selile nzima.

Ibanga ryose ryimirire riri muri utwo tugari twapfuye cyangwa turi bazima. Ntakintu na kimwe gishobora kuba ibintu bigizwe ningirabuzimafatizo zapfuye bishobora kuba ibikoresho fatizo byuruganda rwabantu.

Umuntu ntagomba gutakaza imyumvire ye kandi yishimira ibyo yahimbye birenze imipaka. Nibyo koko mubushakashatsi bwibigize intungamubiri kubantu abahanga mubuzima bwibinyabuzima bafashe ibibazo byinshi kandi bavumbuye ibintu byinshi byingenzi byavumbuwe, bikwiye rwose gushimwa. Ibyo byose byagezweho, ariko, bishobora gufatwa nkibikomeye gusa bijyanye niterambere rya tekinike nubwenge byumuntu. Kurwanya ubwenge buhebuje bwa kamere ndetse n'abahanga bazwi cyane, hamwe n'umyigire yabo yose hamwe nubuvumbuzi bwabo butabarika, nta bushishozi buruta umwana wimyaka itanu. Ntabwo bafite uburenganzira rero bwo guhungabanya ubwuzuzanye n'ubunyangamugayo by'ibikoresho fatizo byubatswe na kamere no guha rubanda ubumenyi bwabo bw'abana nkubumenyi bwuzuye.

Nta gushidikanya, mugerageza gucengera mumabanga yibiribwa intego nyamukuru yabahanga ni ukumenya ibigize intungamubiri zose zingirakamaro mubinyabuzima byabantu, kumenya ingano yabyo no kubihuza hamwe. Muyandi magambo, bifuza gutegura ibihimbano ingano cyangwa ibinyomoro no kubiha ubuzima. Ariko ibyo umuntu atashoboye kubona nyuma yimyaka ibihumbi nakazi adahwema gukora, kamere iratugezaho kubantu muri iki gihe. Ni iki kindi dushaka? Twaba dushidikanya gushidikanya guhuza ubwenge bwa

isanzure cyangwa kwizirwa ninyama bitera umuntu gukora ibibi bitangaje?

Ntabwo ari ubwenge kandi biteje akaga gutekereza ko dukeneye byinshi poroteyine cyangwa ibindi bigize intungamubiri kuruta iyo mu mboga. Niba ibyanyuma birimo proteine nkeya gusa, bivuze ko imibiri yacu idakeneye byinshi, kuko mubyukuri nubunini ibinyabuzima byacu byubatswe kandi byateye imbere mugihe cyibinyejana byinshi.

Abantu bamwe bakunda cyane kuvuga ubudahwema kumubiri-ibikoresho byo kubaka. Niba poroteyine "yuzuye-yuzuye" hamwe n "" intungamubiri zitungamubiri "zishobora kongera uburebure bwa buri gisekuru nka milimetero imwe, uyumunsi uburebure bwumuntu bwaba bwiyongereyeho metero nyinshi.

Vitamine ikozwe na misa ntishobora na rimwe kuba intungamubiri ku mpamvu igaragara cyane ko akenshi mu minota itanu nyuma yo kwinjira mu mubiri w'umuntu bahagarika imikorere y'ibinyabuzima byacu burundu; muyandi magambo, baradutwara kugeza gufata.

Birababaje kubona kure-kubona ibiryo ibyo aribyo byose nkisoko ya vitamine yihariye cyangwa iyindi mirire yose. Ibintu byose kama kama bigizwe nibintu bimwe, ariko biratandukanye mumiterere yumubiri na chimique kubera itandukaniro ryimiterere yabyo hamwe na molekile. Rero, abantu bose bazi ko alcool hamwe nisukari bigizwe nibintu bimwe (karubone, hydrogène na ogisijeni), ariko biratandukanye cyane mubara, uburyohe ndetse nuburyo bugaragara. Inyoni zibikwa mu kato hamwe n'ubwoko bumwe bw'imbuta cyangwa ingano kandi inyamaswa zo mu rugo zigaburirwa ubwoko bumwe gusa bw'ibyatsi gusa. Nyamara, ibyo biremwa bibona byuzuye bya poroteyine, ibinure, vitamine n'imyunyu ngugu bivuye mu bwoko bumwe bw'ibiribwa bahawe.

Kuvura indwara hakoreshejwe vitamine z'ibinyoma, antibiyotike zangiza ndetse n'uburozi butandukanye ni ubushakashatsi butagira ibyiringiro budashyingiye ku bitekerezo bya aetiologiya kandi by'ibanze, ahubwo bishingiye ku makuru y'ibimenyetso, bigaragara kandi avuguruzanya.

Nta vitamine yubukorikori ishobora kugarura uburinganire buhebuje bwa vitamine karemano yatwitse ku muriro; nta burozi bushobora kugenga imikorere isanzwe yibinyabuzima yingingo zangiritse; nta antibiotique ishobora gusimbuza antibiyotike karemano yangiritse mugikoni.

Inyamaswa zikiza ibisebe byazo. Ururenda rwabo n'amacandwe byahawe imiti ya bagiteri. Amasohoro yumugabo utetse, ariko, nta mico nkiyi. Abarya mbisi birinda ibyago byubukonje bukabije binyuze mu kigo cy'ibisohoka byasohowe n'uturemangingo two mu myanya y'ubuhumekero, mu gihe abarya batetse batanga imigezi y'amacandwe n'amacandwe, ariko ntibabasha guhangana n'akaga kamwe.

Igihe cyo Guteka-Kurya Nibihe Iyo Byabaswe, Imiziririzo na Microbes biganje hejuru

Ubuwuzi bwa kijyambere buzengurutswe nurushundura rwuzuye imiziririzo yubusa. Ibikorwa byose byubuvuzi bishingiye ku bimenyetso, bigaragara, uburiganya kandi bivuguruzanya, mu gihe ihame ry'ingenzi kandi ry'ibanze ryashyinguwe mu kwibagirwa. Ukuri nukuri ko IMIKORESHEREZO YINSHI YURUGENDO RUGIZWE NA UNIFORM YATANZWE MU BIKORWA BYA INTEGRAL RAW MATERIALS YASANZWE NA ENGINEER. Muri uru rubanza, INTEGRAL RAW MATERIALS Z'URUGO RW'UMUNTU NUKO AKAGARI KA VEGETABLE KANDI NTA KINDI KINDI.

Yasinze intsinzi ya tekinike, umugabo wiki gihe yiyumvisha ko ari hejuru yubusabane, mugihe mubyukuri akurura ubuzima bwambere, budasanzwe kandi buteye ubwoba bwinzozo mbi.

Muri rusange, mubijyanye na politiki, ubukungu, imyitwarire nubuzima ibitekerezo n'amarangamutima ya muntu bigengwa kandi ibikorwa bye biyoborwa nibiyobyabwenge biteye ishozi n'imiziririzo yubusa. Kwibagirwa ibibazo byingenzi kandi byibanze byubuzima, abagabo barakabya ibintu bito byingirakamaro byingenzi kandi bakabihindura mubibazo byingenzi, hanyuma bagatakaza umwanya numutungo utagira ingano, bak

inzangano, kumena inyanja yamaraso no gukwirakwiza kurimbuka no kurimbuka kwisi yose.

Abahanga mu by'amateka bo mu bihe byashize bashushanyijeho amabara ateye ishozi impost n'amakoro yakwa n'abatsinze abanyamahanga. Mu gihe muri iki gihe, mu gihe bafashe ubuyobozi bwa Leta, abagabo bafatwa nk'umuco kandi bamurikirwa bakoresha urwitwazo rutandukanye rwemewe n'amategeko kugira ngo bafate amafaranga arenga 90 ku ijana y'umutungo rusange w'abaturage babo kugira ngo bahaze ibyifuzo byabo bwite. Bashishikarizwa gukora itabi, ibinyobwa bisindisha n'ibinyobwa bidasindisha, icyayi, kakao n'ikawa, ibyo byose bikaba byangiza ubuzima bw'abaturage, hanyuma bakishimira ubwiyongere bw'amafaranga leta yinjiza muri ayo masoko. Na none se papa wumupapfa wumuryango yishimira amafaranga ye make yungutse yishyuye ikiri cyasesaguwe nabana be kandi ikirushijeho kuba kibi, ku giciro kinini cyo guhungabanya ubuzima bwabo.

Ibyo bitekerezo hamwe nibyifuzo bya vitamine nubunyu ngugu ntibishobora kugera ku gisubizo cyingirakamaro icyaricyo cyose kigaragara bitewe nuko, biterwa nubushake bwibiyobyabwenge byose, ingeso yimirire yabantu igenda ikura buhoro buhoro muburyo buteye ubwoba butera inkunga Uwitwaga umusaruro wibwirwa byangiza bidafite vitamine namabuye y'agaciro. Hatabayeho kuruhuka cyangwa kuruhuka byibuze, havuka inganda zikora umusaruro w itabi, ibinyobwa bisindisha nibidasindisha, ibisuguti, ibiryo, ice cream, sosiso, ibiryo byabitswe, umutsima wera, margarine nibindi bintu bitandukanye bishobora guteza akaga.

Aba bese baza kwerekana ko mummyitwarire yubuzima bwabo bwa buri muni abantu ntibayoborwa nubwenge busanzwe, ahubwo bayoborwa nibiyobyabwenge byangiza nimiziririzo yubusa byumwihariko kubantu barya batetse. Hariho kuri iyi si amatsinda menshi yita kubibazo bito kandi byisumbuye byinyungu nke.

Kuva ubu, inshingano y'ibanze y'umuntu ufite umuco igomba kuba iyo gukora ubukangurambaga bwihutirwa kandi bufatika bwo kurwanya ibiyobyabwenge n'imiziririzo ya buri bisobanuro. Ubu ni bwo buryo bwonyine bwibanze umuntu azabishaka

gutsindira kugera kuri ubwo buzima bwinshi, bwamahoro, bworoshye, ubuzima buzira umuze, burambye kandi bunejwe kuva kera.

Ibimenyetso bifatika biri imbere yanyije. Ukoresheje kurya mbisi ntabwo gusa nakijije ubuzima bwanjye, ariko kandi nakuyeho izo ndwara zose zahoze zimbabaza ubudahwema kandi nanyirukanye burundu icyo gitekerezo cyo guhiga urupfu hakiri kare. Mfite imyaka 61, iyo abarya batetse bareka gukora bakajya muri pansiyoni, nongeye kugarura ubuzima, imbaraga, imbaraga nimbaraga zumusore wimyaka 25.

Amezi arangiye, nkora amasaha 16 kumunsi, ntarinze kumva numva ndushye. Nzi neza ko nzongera kubaho igihe cyose cy'ubuzima butetse.

Byakunze kuvugwa ko umuntu agomba kurya kugirango abeho kandi ntabwo kurya. Noneho igihe kirageze cyo kwerekana abo aribo bafata kurya nkuburyo bwo kurangiza kandi atari iherezo ryonyine. Reka abantu nkabo bakurikize urugero rwanjye, binjire mu kibuga, bafatanye mu mugambi umwe, barwanye ibiyobyabwenge byose byabantu kandi bakingure inzira yubuzima bushya kandi bunejwe nabantu bese.

Ingingo zaganirwaho muri iki gitabo ntabwo ari ibibazo byihariye bigomba kuganirwaho inyuma yumuryango. Nibibazo bireba ikiremamuntu muri rusange kandi bigomba gusuzumwa kumugaragarako kugirango abantu bese bashobore kumenya ibintu bifatika byumubiri we.

Ni inshingano z'abo bantu bese bashishikajwe n'ubuzima bwabo ndetse n'abana babo kuzamura ijwi no gusaba ko abatavuye rumwe n'amahame yo kurya mbisi bagomba gutanga ibyo banenga mu binyamakuru, kugira ngo mbone amahirwe yo kubaha ibisubizo bikwiye bityo kugirango bakureho gushidikanya kwabaturage muri rusange ku nyigisho yo kurya-mbisi.

Umugereka

Basomyi b'ibitabo byanyije kubyerekeye kurya mbisi bakunze kunsaba haba kumuntu ku giti cyanyije ndetse no mu nyandiko bakabaza ibisobanuro birambuye byimirire idasanzwe yo kurya mbisi. Noneho, abarya mbisi nta gahunda yihariye ya mugitondo,

ifunguro rya saa sita cyangwa nimugoroba. Arya igihe cyose abishakiye, icyo ashaka cyose kandi nkuko appetit abisaba. Ariko kubera ko abarya-batetse, bamenyereye amasaha yihariye namategeko yo kugaburira, bifuza kubona sisitemu yo kurya mbisi, nayo, igengwa namategeko amwe, reka. Nta kibi cyihariye kirimo.

Birumvikana ko birenze ubushobozi bwumuntu umwe gukora ibisobanuro birambuye no gutegura menus zitandukanye kugirango ushiremo umubare munini wibyakurya bishya. Ubwoko butabarika bwibiryo bitetse hamwe nibiribwa byangiritse tubona uyumunsi byatejwe imbere buhoro buhoro, mugihe cyimye ibihumbi nimbaraga zabantu ibihumbi. Iyo abantu amahereze bemeza ko uburyo bwumvikana bwo kugaburira ari kurya-mbisi, ubwoko bwinshi bwibiryo biryoshye bizagaragara, nkuko byari bimeze, ijoro ryose.

Mugihe akoresheje ibyumweru bike byigihe asanzwe akoresha muguteka, buri mugore wo murugo azashobora gukora, akurikije uburyohe bwe bwite, ubwoko butandukanye bwibiryo bishya byiza bivanze nuruvange rwibiribwa byinshi bibisi dushobora kubona; no kubikora, azakungahaza menu rusange icyarimwe. Reka dufate urugero rwumuryango wacu.

Nyuma yikigerageze kitari gito naje gufata umwanzuro ko ibiryo nkibinyampeke, ibinyamisogwe, ibirayi, aubergine na marrow, kubikoresha mbisi bifatwa nkibidashoboka nabanywa ibiryo, bishobora kuvangwa muburyo butandukanye kugirango bibe salade nziza nkuko ubishaka ndetse nabanywe inyama cyane.

Dushira ingano, ibinyomoro, inkeri, ibishyimbo, nibindi mumazi menshi. Iyo batangiye kumera mumunsi umwe cyangwa ibiri, turabamesa namazi meza. Noneho dukuramo aya mazi, tugatwikira inkono umupfundikizo hanyuma tukayashyira ahantu hakonje. Muri ubu buryo barashobora kuribwa iminsi itatu cyangwa ine. Bashobora kandi gufatwa ninzabibu, ibinyomoro, amatariki nibindi byinshi biribwa cyangwa birashobora kuvangwa na salade zitandukanye.

Iyo dushaka gutegura salade, dutambutsa ingano, ibinyomoro, nibindi dukoresheje imashini icukura, hanyuma tugasya ibirayi na karoti kumande.

grater; hanyuma dukata imyumbati, inyanya n'ibitunguru mo uduce duto dukoresheje icyuma, hanyuma dusya urusenda rwatsi nubwoko butandukanye bwimboga rwatsi.

Ubu turavangavanga byose hanyuma twongeramo amavuta ya elayo mbisi, umutobe windimu mushya namazi meza meza. Umuntu arashobora kandi kongeramo ibinyomoro, imizabibu, amatariki, nibindi. Umubare ugereranije wibigize biterwa nuburyohe bwa buri muntu. Mu mpeshyi birashimishije kurya salade nkiyi.

Ufashe uburyo bwo gutegura iyi salade nkibanze, birashoboka gutegura salade zitandukanye muburyohe butandukanye no kugaragara ukoresheje ubwoko bwose bwimboga nizindi mboga zitandukanye, nka epinari, salitusi, aubergine, beterave na, muri rusange, ibyo aribyo byose ubusitani bwimboga butanga, ariko ibyingenzi bya salade ni ibinyampeke, ibinyamisogwe nibirayi.

Iyi salade igomba guhinduka ibiryo byibanze byabantu bose. Iyi ntungamubiri, nitungamubiri zuzuye kubakire nabatindi, ifite ibyiza byo gutanga ubuzima, gushimangira, guhaza, intungamubiri kandi bihendutse. Nibiryo birimo ibintu byose byingenzi mubuzima burebure kandi bwiza. Nibisobanuro birwanya indwara zose. Isahani yiri funguro, hamwe nimbutu nkeya ziyongereye, birahagije rwose kugirango uhuze ibyifuzo bya buri muni byumugabo kandi icyarimwe kugirango amuhe uburinzi bwiza bwindwara zose.

Urebye gukundwa ugereranije nubwoko butandukanye z'imbutu ziba nke mu gihe cy'itumba, abantu bamwe batekereza ko kurya mbisi bizerekana ko bihenze noneho. Batekereza ko urya mbisi agomba kugaburira nta kindi uretse imbuto nshya imyaka yose. Birumvikana ko ibi atari ukuri. Hariho abantu barangiza ifunguro rinini n'imbutu nyinshi. Niba abantu nkabo barya izo mbuto hamwe nigice cyumugati basanzwe barya (ariko muburyo bwimbuto bwingano, birumvikana), bazisanga banyuzwe byuzuye. Muri ubu buryo, bazakizwa amafaranga yose hamwe nikibazo cyo gutegura amafunguro yatetse, icyayi, imigati nibindi byokurya byangiritse.

Hariho ibiribwa bimwe na bimwe, nk'ingano, ibinyomoro, imboga z'imizi, biboneka mu bihe byose by'umwaka hamwe n'imihindagurikire mike ku biciro byabo. Byongeye kandi, inyungu zirashobora gufatwa nimbuto nshya mugihe zigihe; bityo, mugihe imyumbati ari myinshi dushobora kwigaburira cyane cyane ku mbuto, bityo rero n'inzabibu n'imbuto.

Mu gihe c'itumba ubwoko bwinshi bw'imbuto zumye zishobora gushirwa mumazi akonje, bigahinduka compote mbisi kandi bikanezewa cyane. Kuri iyi compote dushobora kongeramo utubuto, pisite, ingano zimaze kumera, karamomu cyangwa ifu ya vanilla, nibindi.

Usibye kurya ibinyomoro, amande, pisite na pome ya hazel muburyo busanzwe, bivanze nizindi mbuto zumye, dushobora no kubisya no kubikoresha mubundi buryo butandukanye, cyangwa dushobora kubivanga nimboga mbisi mbisi cyangwa compote zitandukanye. Ibyokurya bishimishije cyane urya mbisi ni "Halva" cyangwa ibijumba bya walnut, almonde cyangwa pisite. Ibi birajanjagwe, ibirungo kugirango biryohere hamwe na karamomu, vanilla cyangwa saffron hanyuma bigabanywe mubice bito. Iyi Halva iribwa hamwe nibyishimo byinshi hamwe nimboga zitandukanye. Irashobora gushirwa mumababi ya salitusi hanyuma ikaribwa nkubwoko bwa sandwich. Amazi avanze numutobe windimu nibinyobwa byiza bishobora guhabwa abantu.

Mugusozza, birakenewe nanone kwibutsa abasomyi cyane ibihe byingenzi bigomba guhora bitekerezwaho. Mugihe cyambere cyo kurya ibiryo mbisi abantu banywa ibiryo barashobora guhura nuburyo butandukanye bwo kutorohere, ibyo bikaba bishobora gutuma abantu bumva ko ibiribwa bibisi bibangiriza kandi ko bibaca intege cyangwa bikabatera indwara. Tugomba kwibuka ko imyumvire yose iriho yibeshya kandi iteye ubwoba mubyokurya bifite inkomoko mubitekerezo bigaragara kandi bivuguruzanya. Ibimenyetso byo hanze rero, ntibigomba na rimwe kuba urwitwazo rwo kureka akazi igice cyarangiye. Birakenewe gutegereza ibisubizo byanyuma, bishobora gufata ibyumweru bike cyangwa amezi biri imbere. Ariko niba ibiryo bitetse rimwe na rimwe bivangwa nitungamubiri mbisi, ibisubizo birashobora gutinda cyane kandi ntibikora neza cyangwa ntibigaragara na

Ukutoroherwa kwabo ntakindi uretse reaction yo kuvura, kandi nukurwanya baberetse bazashobora kwigobotora indwara zose zizwi kandi zitazwi.

Kuramba cyane muribyo bitameze neza, birumvikana, kwifuza ibiryo bitetse. Tugomba guhora tuzirikana, ariko ko imbaraga z "inzara" zumva mubihe nkibi zidatwe imbaraga ningirabuzimafatizo zisanzwe cyangwa zifite ubuzima bwiza, ahubwo ziterwa ningirabuzimafatizo zangirika, zidafite akamaro kandi zidakora hamwe nuburozi bwirundanyije mumubiri; muyandi magambo, n'indwara nyine yangiza ibinyabuzima. Kubwibyo, mubyukuri nukwihanganira no kurwanya iyo myumvire y "inzara" niho tuzashobora kurandura ubwo burozi, kwikuramo ingirabuzimafatizo zidafite agaciro, kubaka ibyangombwa bikenewe byingirabuzimafatizo zikora kandi dufite umutekano rimwe kubwimigisha yose ya ubuzima bwiza. Buri saha kwihanganira iyo "nzara" ni intsinzi mu kurwanya in

Tehran, 1963

IGICE CYA KABIRI

Kubaka Ibinyabuzima byabantu

Ingingo naganiriyeho muri iki gitabo ntabwo ari ibibazo byihariye. Nibibazo bikora ku bantu muri rusange. Bigira ingaruka kubantu bose bafite imibiri kandi babaho; bireba abafite umunwa bakarya. Niyo mpamvu mpora ngerageza uko nshoboye kugirango nandike mu mvugo yoroshye ishoboka, nshingiye ku myanzuro yanjye ku makuru rusange n'impaka, ntiriwe mpisha inyandiko zanjye ibisobanuro birambuye bya siyansi hamwe n'amagambo adasobanutse neza birenze ubwenge bwa benshi mu basomyi banjye. Mu ingingo zanjye, ntabwo nishingikiriza ku makuru menshi agaragara kandi avuguruzanya yabonetse muri laboratoire hakoreshejwe uburyo budatunganye, cyangwa ikirushijeho kuba kibi, ku bitekerezo ibyo ari byo byose bishingiye ku makuru nk'aya. Ibimenyetso ntanga ni amategeko adasubirwaho ya kamere nibisubizo rusange nkuko tubibona sh

uburambe, kandi buri 'muntu ku mpande zose zisi arashobora kugerageza byoroshye no kwisuzuma wenyine.

Mubyukuri, igitekerezo cyo kurya-mbisi kiroshye kuburyo gishobora kuvugwa mu nteruro ebyiri zisobanutse: umuremyi wumubiri wumuntu nawe yaremye ibikoresho bibisi bihuye; hashingiwe ko dushyikirije umubiri ibikoresho byose byuzuye, tutabangamiye, ibinyabuzima byabantu bizarangiza ubuzima bwawo bwose bitarinze guhitanywa nindwara icyo ari cyose.

Umuntu uwo ari we wese ufite ubushishozi buhagije kugirango yumve ibisobanuro nyabyo byizwe nteruro zombi no kuyiha ibitekerezo bikenewe no gutekereza neza arashobora gutahura byoroshye muburyo buri aribwo buryo bwimirire bwumugabo wigiye. Arashobora kandi kubona bitagoranye ko murwego rwo kurwanya indwara zabantu mu binyejana byashize, abagabo bitabaje uburyo nkubwo bwibeshye kandi buteje akaga kandi, kandi, ubwo buryo bwose ntaho buhuriye cyane nimpamvu nyamukuru zitera indwara .

Nyuma yimyaka yo kwiga witonze hamwe nuburambe bwibanze, uyumunsi I. ntagushidikanya icyaricyo cyose ko gahunda karemano yimirire idakiza abantu indwara zose gusa, ahubwo inateganya buri muntu ubuzima burebure butangaje bwuzuye amahoro, umunezero no guhumurizwa.

Ubuzima bwumugabo wigiye ninzizi mbi, ihigwa nibyaha bitabarika, ibiyobabwenge nibibi. Mubyukuri, byaba ngombwa kuzaza ibihumbi byinshi kugirango dusobanure neza ingeso mbi zose zabantu, kubara muburyo burambuye ingeso ze mbi zo kugaburira, kwerekana muri make ruswa mbi yimyatwarire ye hanyuma amaherezo tuyerekana umwe umwe bumwe muburyo butandukanye bwo kwibeshya bwo kurwanya ibyo bibi. Ariko ikibazo cyambere imbere yacu nuko buri mugabo amenya neza uburyo indwara zavutse nubuho buryo bukomeye bwo kurandura izo ndwara burundu.

Ubwa mbere, birakenewe kumenya uko ibinyabuzima byacu bimeze yubatswe nicyo imirire aricyo.

Nkuko tubizi, ubuzima kuri iyi si bwagaragaye bwa mbere muburyo bwibinyabuzima bifite ingirabuzimafatizo imwe. Nyuma yaho, iyo mibiri imwe idasanzwe yafatanyaga hamwe gushiraho amatsinda atandukanye no kuzana ibinyabuzima byinshi. Ubufatanye bwambere bwingirabuzimafatizo nkeya mugihe cyiterambere butera imbere kuburyo bwo kubara ikinyabuzima kizima cya milliard nyinshi.

Buri selile kugiti cyeye ni ibinyabuzima bigoye ubwabyo, ariko nkibyo ibinyabuzima bifite ibyiciro bitandukanye byiterambere. Ibinyabuzima byambere byambere bidasanzwe ni amibe yimiterere yibanze, yagendagenda mumazi nta ntego igaragara icyaricyo cyose. Inshingano zabo gusa kwari ugushaka ibiryo, kurya, gusya no kugwiza inzira yoroshye yo kwigabanyamo kabiri.

Bafite ingingo zifunguro zo mu gifu, zikura buhoro buhoro uko ibihe byagiye bisimburana. Mugihe cyanyuma cyiterambere, iza selile zishyize hamwe kugirango zikore ibinyabuzima byinshi. Mu yandi magambo, kureka ubuzima bwabo butagira intego bwo gutandukana kwabo, bajya mubuzima bwubufatanye, aho buri kagari gafite umurimo wihariye wo gukora muburyo rusange bwibikorwa rusange.

Gereranya ubuzima bwihariye bwumuntu wambere, mbere ye yashoboraga no kuvuga neza, hamwe nubuzima bwa koperative yibihugu bikomeye byiki gihe, aho amatsinda atandukanye akorera hamwe. Ariko no muri societe yacu yateye imbere muri iki gihe umuntu ashobora gusanga abantu badafite akamaro, ibicucu, parasitike nabagizi ba nabi bibutsa abakurambere bacu b'ubunabwoba bo mubihaye byambere. Nyamara, ibiremwa nkibi bibana nabagabo bafite impano zidasanzwe nubuhanga.

Ni nako bimeze no kumubiri wumuntu, aho ingirabuzimafatizo zidafite akamaro, parasitike zikomeza kubaho kwazo hamwe ningirabuzimafatizo zingirakamaro cyane mubyciro byiterambere. Umubiri wumuntu ufite amashyirahamwe n'ibigo bitandukanye, aribyo bita glande, ingingo, sisitemu, nibindi. Izo nzego na sisitemu zikora imirimo yazo icyarimwe icyarimwe cyamatsinda yihariye ya selile yihariye. Birashimishije kumenya ko selile zidasanzwe zidakora imirimo yihariye zifashishijwe nibikoreshe byihariye kandi

ibikoresho byubatswe hanze; ahubwo buriwese ubwayo yahinduwe, binyuze mumiterere yayo yose, muruganda rukomeye.

Rero, selile zigize impyiko zahawe ibikoresho byihariye byo kumena no kuyungurura hakoreshejwe uburyo bwo gutandukanya amaraso no kwirukana inkari umwanda nuburozi byangiza ibinyabuzima; ingirabuzimafatizo za glande zifata ibikoresho nkenerwa biva mumazi maremare (muribikoresho fatizo ntaho bigaragara mubiribwa bitetse) hanyuma, kubihindura mumisemburo, kubigeza mumubiri; ingirangingo z'imitsi zifite imbaraga zidasanzwe zanduza zibafasha gukora umubiri no gukora imirimo iremereye; amaherezo, selile nervice zikoreshe na yard ya fibre hakoreshejwe amategeko yubwonko yanduza umubiri wose. Buri selile rero igizwe numubiri wumuntu ni uruganda rugoye rwimiterere runaka itandukanye mumikorere yarwo niy'abaturanyi bayo, guhera kuri selile yimisumari, umusatsi, amagufwa, imitsi na glande kugeza selile zubwonko.

Nta gushidikanya, byari kuba bishimishije cyane kuba byuzuye ubumenyi bwimiterere yutugari na miterere yibikorwa byose nibikorwa bibamo. Ariko nubwo kubwigitangaza runaka umuntu yashoboraga kwinjira mumabanga yose yihishe yingirabuzimafatizo nimirimo yabo itandukanye, byabaye ngombwa ko yuzuza ibihumbi gusa, ariko amamiriyoni yimibumbe yo kubisobanura, mugihe buri wese muri twe yakenera ubuzima icumi shaka gusa indorerezi yibyanditswe byose.

Bitandukanye no kwiyitirira ibyifuzo bya bamwe birata, umuntu ifite amakuru make cyane mubyukuri kuri ibyo bibazo byose. Hamwe niterambere ryose mubyigisho bye yagombye kuba yarushijeho kwizera ko ubumenyi yari yarashoboye kubona ari igice kitagira akagero cyibintu byari bimuhishe. Nyamara, yasinze intsinzi ya tekinike nkeya, umuntu wiki gihe yiyumvisha ko ari hejuru yubumenyi bwuzuye kandi nta kureka cyangwa imbogamizi ahindura uko ashaka nigitangaza cyibitangaza, ibinyabuzima byabantu. Mubyukuri, arishyira hejuru kuburyo akoresheje ububi cyane

kugabanya imiti ndetse nuburozi buteye ubwoba cyane akora ubunararibonye kwasaze cyane kugirango akemure imvururu zagaragaye muri icyo miterere. Mubyukuri, ntakintu na kimwe cyakozwe kugeza ubu NUBUNTU, BIDASANZWE KANDI BIRACYAKORESHEJWE. Byongeye kandi, ntabwo akora ubwo bushakashatsi ku nyamaswa zidafite kirengera gusa, ahubwo no ku mubiri we, ku bana akunda, ku bantu bose. NTIBONA IZINDI NZIRA ZO KUGERAHO INTEGOMBO.

Ariko tugomba guhora tuzirikana ukuri kudashidikanywaho: umugabo udafite ubumenyi bukwiye bwimikorere yisaha isanzwe ntagomba na rimwe kwiyemeza kuyisana, kubera gutinya guta uburyo bwose mukaduruvayo no kugenda nabi kwamaboko. Ubushakashatsi bwakozwe ku binyabuzima by'abantu n'abahanga bo muri iki gihe bushobora kugereranywa n'ibikorwa bidafite ishingiro by'umukozi, umaze iminsi akora mu ruganda, agera gusenya imashini zacyo no kongera gutera.

Mugihe cyindwara ikaze umuvuzi ahora ari kamere, ariko the Umuti uvugwa ku kamaro k'ibiyobyabwenge, mu gihe mu bihe byinshi icyo uburwayi bufashe inzira yica biturutse ku buryo butaziguye bwo gukoresha ibiyobyabwenge, urupfu ruhora ruterwa n'inzira karemano y'uburwayi. Tugomba gushimangira ko mu ndwara zidakira, ibiyobyabwenge, nkuko bisanzwe, byongera imiterere kandi bikangiza ibinyabuzima.

Noneho, umugabo agomba gukora iki mugihe ingingo ze zitangiyeho gukora muburyo budasanzwe? Hoba hariho umuntu wisi umenyereye amakuru yose yibinyabuzima byumuntu kimwe na injeniyeri amenyereye amakuru arambuye yibice bitandukanye bigize uruganda rwe, kugeza kumurongo wanyuma? Ocourse ntabwo. Nkuko nabivuze hejuru, gusana uburyo ubwo aribwo bwose birashobora gushingwa gusa uwo muhanga ufite ubuhanga nubushobozi bwo gutandukanya ibice byose byimashini yatanze akabishyira hamwe. Ariko mbega ukuntu umuntu ari kure cyane yo kugera kuriyi ntego kubijyanye numubiri we!

Noneho umuntu agomba gukora iki mubihe? Agomba gufunga amaboko akegura kuri caprices ya fricte ya kazozo ke, cyangwa agomba

uzane ibyago kumutwe nukomeza guhanga uburozi bushya hamwe nubushakashatsi bwabasazi bwakozwe nabo? Yaba umwe cyangwa undi. Hariho, kubwamahirwe, uburyo bwihuse kandi buhebuje umuntu ashobora kwigobotora indwara zose.

Iyo injeniyeri yubatse uruganda, akoresheje imibare kubara akena ubuziranenge nubunini bwibikoresho byose bikenerwa muri urwo ruganda, kimwe nubwitonzi bugomba kwitabwaho mugukora no gufata neza imashini zabwo. Aca yemeza ubuzima bukora bwuruganda rwatanzwe, mugihe amabwiriza ye akorwa nubwitonzi.

Imirire ni iki?

Nkuko buri injeniyeri akora imibare irambuye kugirango yerekane ibikoresho fatizo byingenzi muruganda yateguye, kubwibyo rero kubara neza, Kamere nziza yateje imbere ibikoresho bibisi bikenerwa kubinyamaswa zose harimo n'abantu.

Iyo dushaka kubaka uruganda rusanzwe, mbere ya byose twubaka inyubako ikwiye, hanyuma dushyiramo imashini zose zikenewe na dynamo, hanyuma, hanyuma, kugirango uruganda rushobore gutangira umusaruro, tubaha lisansi isabwa n'ibikoresho fatizo. Noneho kubera ko ibinyabuzima byabantu bifite ubwubatsi bukomaye cyane, ibikoresho byayo bibisi bifite imiterere ihuye nayo, igizwe nibintu byinshi.

Kamere yakoze imirimo itangaje muri icyo cyerekezo. Umwanya wambere, kumiterere yoroshye yingirabuzimafatizo yateguye ibikoresho byubwubatsi byoroshye, bitandukanye bitewe nubwoko bwakagari. Rero, selile yimisatsi isaba ubwoko bwububiko bwihariye, ubw'imisumari ubundi bwoko. Ni nako bimeze ku ngirabuzimafatizo z'imitsi, glande, imitsi, n'ibindi. Ariko selile zuburyo bworoshye ntacyo zikoresheya kugeza ubu; buri kimwe muri byo kigomba noneho guhabwa ibikoresho bikwiye bijyanye numurimo wacyo, kugeza ubu haracyakenewe ibikoresho byubaka. Hanyuma,

ni ngombwa guha izo selile ingufu no gutanga ibikoresho nkenywa kugirango ibikorwa bibyara umusaruro.

Kubimenyetso byayo bidasubirwaho, Kamere yakusanyije hamwe ibyo byose ibikoresho, umubare wabyo ugera ku bihumbi mirongo. Buri kimwe muri ibyo bikoresho gifite ubwinshi bwacyo. Rero, mubwoko bumwe bwibintu dushobora gukeneye garama igihumbi, yubundi bwoko garama imwe gusa, ya gatatu nkibihumbi igihumbi cya garama. Iri ni ryo tegeko rikora mu nganda zose. Ni ngombwa ko ibyo bikoresho bigomba guhora hafi ya selile mubwinshi bwateganijwe. By'umwihariko, hagomba kwitabwaho bidasanze kugira ngo harebwe niba nta na kimwe muri byo kidahari mu cyegeranyo rusange.

Umuntu wese, wize kandi woroheje, umukire numukene kimwe, niwe wenyine ufite umubiri we kandi numuyobozi wenyine ushinze iyo si yigitangaza ya galaxy yimbere.

Birashimishije kumenya ko ibinyabuzima byose kuri iyi si, kuva ikimonyo cyangwa Igishwi kuri Nzovu, menya ko icyegeranyo cyegeranye kandi ukoreshe byuzuye kubyo bakeneye byimirire.

Iparadizo irahagije, kuva umuntu yatangira umuco wumuntu wenyine, nkumuntu udasanzwe wenyine kwisi yose, yakuyeho ubwenge kandi yibagirwa rwose ubusugire bwibikoresho byingirakamaro mubuzima bwe bwite. Niyo mpamvu akora amanywa n'ijoro muri laboratoire ye no mu mahugurwa y'ubushakashatsi, akora ibizamini n'ubushakashatsi bw'ubwoko bwose, avumbura ibikoresho bisa umwe umwe, abikora vuba mu nganda ze, ahimba amazina adasanzwe kuri bo, abuzuza mu dusanduku n'amacupa. , akabatatanyaga ku isi yose, kugirango abantu babamire kandi batagumana inzara. Kandi ibyo byose babyita siyanse.

Abahanga mu bya siyansi batazi icyo bakora ikibuga cyo gusuzugura ibidukikije. Bahumishijwe nibiyobyabwenge, abo bagabo ntibashobora kubona ko murya miriyoni na miriyoni hamwe no kubara neza umubyeyi wacu Isi, muri Providence ye, yahuriye hamwe, yibanda mubimera kandi yuzuza byose.

isi hamwe nitungamubiri cyane batangiye kumenya gusa, umwe umwe.

Ibinyabuzima byose ku isi byakomotse kuri abakurambere bamwe, ariko mugihe cyigihe bafashe inzira zitandukanye zubwihindurize. Itandukaniro rya anatomique na physiologique hagati yabantu nandi matungo ni nto cyane.

Nkumuntu, izo nyamaswa nazo zifite umutima, ibihaha, umwijima, impyiko, amaraso, amagufwa, ubwonko, nibindi. Ibice byabo bisaba intungamubiri nkingingo zumuntu. Ikosa rikomeye ryakozwe n'ubushakashatsi bw'ibinyabuzima kwabaye uguta igihe n'imbaraga nyinshi mu iperereza ku bibazo by'icyiciro cya kabiri, cyoroheje kandi kivuguruzanya, akaba yarafunze ubwonko bwe kandi akamuvanga mu bwenge, aho gushingira ku makuru rusange n'amakuru rusange. nkuko biri kuri we kandi ashingira ubumenyi bwe kubisubizo yabonetse mubushakashatsi bwibanze.

Tugomba kuzirikana ko iyo nyamaswa ikuye ikibabi cya "paltry" ku giti cyo mu ishyamba, gihaza ibikenewe byose mu binyabuzima byacyo ukoresheje icyo kibabi "cyoroshye". Muri icyo kibabi kimwe, kamere yibanze kuri ibyo bintu byose bikenewe mu kubaka ingirabuzimafatizo nshya mu mubiri w'iyi nyamaswa; gutandukanya izo selile, kubagaburira no kubaha ingufu, hanyuma amaherezo agatanga ibikoresho byingenzi bya glande.

Muri make, icyo kibabi kigizwe n'ibikoresho fatizo byuzuye byuzuye ibinyabuzima; icyo kibabi nikibuto gikwiye ku nyamaswa.

Ubwoko bwose bwimboga mbisi zigizwe nibyingenzi bya Intore zimwe

Niba inyamaswa yavuzwe haruguru, idashoboye kubona ikindi kurya uretse kiriya kibabi, igomba gutegekwa gutunga ibyo kurya bimwe mumezi cyangwa imyaka irangiye, ibinyabuzima byayo ntibizumva ko habuze vitamine cyangwa ibindi bintu bifite intungamubiri kuri icyo kibazo. Ntaho bitandukaniye niba

aho kuba ikibabi cyigiti, gifite ikindi kimera.

Icyangombwa ni uko ibiryo ikoresha ari BISANZWE KANDI
BIDASANZWE.

Iyo bashyize ibiryo by'ifarashi imbere y'ifarashi cyangwa indogobe, ntibigera bahangayikishwa no gutekereza ko ubwinshi bwa poroteyine cyangwa vitamine bishobora kuba bidahagije ku nyamaswa, nubwo tuzi neza ko inyamaswa nazo, nk'abantu, bakeneye ubwoko bwose bwa vitamine, imyunyu ngugu nibindi bigize intungamubiri.

Umuntu wese arashobora kubona neza ko guhitamo ibiribwa byahawe ibihumbi byubwoko butandukanye bwinyamanswa bigarukira kuburyo batigera bagira amahirwe yo guhitamo no guhitamo ibyo bahitamo kurya. Basabwa kubaho ku moko make y'ibiribwa bisanzwe biboneka hafi yabo.

Nubwo bimeze bityo ariko, ntidushobora kubona ikibazo na kimwe cya avitaminose cyangwa ikindi kintu cyose kibura imirire muri bo.

Niba ufashe ibiryo byakoreshejwe nizo nyamaswa muri laboratoire z'abahanga mu binyabuzima, muri buri imwe muri zo bazasangamo ibintu byinshi bifite imico itandukanye. Icyo gihe bazakubwira ko mubihingwa runaka harimo proteine nyinshi, ibinure byinshi na vitamine imwe cyangwa indi. Rero muri buri gihingwa bazabarura ibice 10-15 bashoboye kubona kandi bazagaragaza neza ubwinshi bwabo. Ndetse no mu mbuto zikungahaye umubare wabatoye bashoboye kuvumbura wagabanutse cyane. Mubyukuri, ibi ntibigaragaza ko buri kimwe muri ibyo biribwa kigizwe nibintu icumi gusa cyangwa ibiyigize babisanze; Ahubwo, ni ikimenyetso cyerekana ko ubuhanga bwabo bwa tekinike nubutunzi bwabo bidahagije kugirango dusesengure byimazeyo kandi tumenye neza kandi mubwinshi ibyo bintu byose byahuriye muri laboratoire ya kamere kubyara umubiri wimboga watanze. Bisobanura ko mubiribwa byihariye bashoboye kuvumbura gusa ubwoko buke bwibigize; abasigaye bakomeje kubahisha.

Impamvu nyamukuru yabyo nukubera ko ibintu byavumbuwe nabahanga mubuzima bwibinyabuzima ntabwo aribintu byambere bigize izo mboga, ariko nibintu bivanga muburyo butandukanye mumboga zitandukanye. Iyo winjiye mumubiri winyamanswa, ibyo bikoresho byacitse kandi bigahuzwa kandi, mugihe bigenda bitunganyirizwa ibintu bishya bihuye nibikenerwa n'ibinyabuzima.

INGINGO ZOSE ZITANZWE N'INYAMASWA IHURIRO RY'INGENZI Z'INGENZI

Icyibanze, imboga zose zigizwe nibyiciro bitatu byingenzi. Imwe murimwe ni amazi, tumenyereye twese. Turabizi ko tudashobora kubaho tudafite amazi, kandi dushobora kwibuka neza ko isoko yamazi meza kandi yizewe tuzwi ari ayaboneka mu mbuto n'imboga. Ibikurikira, haza roughage. Nibintu bigize urwego rwimboga rwimboga, rukabaha imiterere no gushikama. Roughage ntabwo isenyutse kandi yinjizwa mu ngingo zinyamaswa; birukanwa mumubiri muburyo bwumwanda. Nibintu byingenzi bigize indyo yinyamaswa. Niba hatabayeho ububi kandi ibiryo byakoreshejwe ninyamaswa byacitse burundu kandi bigahinduka, amara ntakintu yari afite cyo kwirukana, kandi mugihe cyigihe baragabanuka bakuma. Nyamara, igitangaje ni uko abantu benshi batareba kure ku buryo, ku bijyanye n'ubugome nk "'indigestable", babikuramo nkana mu biribwa byabo, bitewe n'uko abantu hafi ya bose barwaye igogora. Muyandi magambo, impamvu nyamukuru itera kuribwa mu nda ni ukubura ububi mu mirire. Ariko kugira ngo dusubire ku ngingo irimo kuganirwaho, icya nyuma mu byiciro bitatu by'ibintu mu mbuto n'imboga ni intungamubiri ubwayo, igogorwa neza kandi igahuzwa n'ibinyabuzima.

Itandukaniro ryingenzi hagati yimboga zinyuranye rituruka kubitandukanye muburyo bugereranije bwibyo byiciro bitatu byibintu.

Rero, itandukaniro nyamukuru hagati yibyatsi bisanzwe n'imbuto ni uko mubihe byahoze byiganjemo, mugihe imbuto zigizwe gusa nubunini buke, hamwe nintungamubiri nyinshi hamwe namazi ahagije. Kubera imiterere idasanzwe ya

ingingo zabo zifungura hamwe nubuhanga bwabo bwo guhuha, kane zirashobora kumenagura no gusya ibyatsi, gukuramo intungamubiri zidakwirakwijwe muri zo no kwirukana ibisigaye mumubiri yabo. Nuburyo inyamaswa zimwe zishobora kubona intungamubiri zumye cyangwa ibyatsi byumye; ingamiya ibasha gukomeza ubuzima ku mahwa yo mu butayu n'indogobe ku byatsi bikaze.

Duhereye kuri ibi, dushobora gufata umwanzuro w'ingenzi ko imboga zose zirimo intungamubiri zikenewe kugirango ibinyabuzima bikomeze, gusa mu mboga zimwe na zimwe bigaragara mu buryo butatanye, mu zindi zikaba zibanda cyane. Mu biribwa karemano bifite intungamubiri cyane ni *yỵ̣* u, almonde, ibinyampeke, ibinyamisogwe, ibirayi, karoti, ibitoki, inzabibu n'izindi mbuto zose, nyuma haza izindi mizi, ibyatsi n'imboga; mu yandi magambo, ibiribwa nyine umuntu yakuye mu kanwa k'andi matungo kandi ariyemeje. Nyamara, igihe cyose ikibazo cyo kurya mbisi kije kuganirwaho, uwo mugabo umwe yisubiyeho ati: "Nigute nshobora gutunga ntarinze guteka?" Amagambo ateye isoni umuntu adashobora kubona ku isi, ariko ikibabaje ni uko ibiyobyabwenge byarya intumbi byahumye abantu kuburyo mubyukuri, igisubizo gisanzwe cyabantu benshi. Abadafite uburambe bukenewe ntibashobora kumenya uburyo ibyo bintu bikungahaye kandi bifite intungamubiri kandi ni bike mubisabwa kugirango duhaze ibyo dukeneye buri muni. Ku bwanjye, byantwaye imyaka kugirango ngere ku kuri. Ariko nzavuga byinshi kuri ibi nyuma.

Ibyo bintu byitungamubiri biboneka muburyo bwibanze mu mbuto zigiti nazo usanga zitatanye gake mumababi yacyo, ibishishwa n'amashami. Inyamaswa nini nka giraffe iritunga igaburira amababi y'ibiti. Iyo akabuto gato k'igiti gashizwe ku kindi giti, kirasa amashami kandi amaherezo kigatanga imbuto zijyanye. Iki nikigaragaza neza ko igiti kirimo ibintu byose byibanze bikenewe kugirango imbuto zitangwe.

Ubu, ibyo bintu bigize ibice ni ibihe? Nibintu bya atome, bishobora gufatwa nkibintu bito bito bya chimique bitagabanywa

cy'ikintu gishobora kugira uruhare mu ihinduka ry'imiti, na molekile, ni uduce duto duto twibintu cyangwa ibivanze bishobora kuyobora kubaho gutandukanye. Ibimera byose biribwa bigizwe nibintu bimwe, ukurikije ibipimo bitandukanye nuburyo byateganijwe bivangwa, bitandukanye bitandukanye nuburyo, ibara nuburyohe. Byongeye kandi, isuka n'intama birasa neza. Iyo winjijwe mu gifu cyintama, isuka ihindura imiterere ya molekile ihinduka intama.

Hariho inzandiko zisa hagati yimbuto numuntu.

Ubuzima bwose bwimboga ninyamaswa ntakindi uretse guhanahana iteka no kuzenguruka kwa atome. Hano niho igitangaza gikomeye na kamere birigaragaza. Tjugunya mu butaka ingano umunota utaruta umutwe wa pin. Nyuma ya bike irakura buhoro, hanyuma irasa amashami namababi, kandi mugihe gikwiye itanga imbuto. Nyuma, ihinduka ink, ifarashi cyangwa umuntu uzenguruka iyi si mugihe gito hanyuma agasubiza atome zayo kwisi. Ngaho, muni yizuba ryinshi ryizuba, izo atome ubwazo zongeye kubyuka bundi bushya, ubuzima bushya burahumeka muri zo kandi zihindurwa nubundi ibimera ninyamaswa imwe, kugirango bikomeze inzinguzingo zirema zirema inshuro nyinshi.

Ariko kugirango ibashe kubyara ibinyabuzima bizima, umubiri wimboga ugomba kuba wuzuye kandi KUBAHO. Byongeye kandi, ntabwo bihagije na gato ko ibiribwa bibaho gusa; ibyokurya byiza byimboga bigomba kuba BIKORWA kandi NTIBISANZWE.

Uburambe burebure bwatweretse ko inyoni zo mu kato zitanyurwa imbuto zumye wenyine. Nimbuto zabo zumye basaba ibiryo bishya nabyo. Ubwoko bwihariye bwizo mbuto cyangwa ibiryo bishya ntabwo ari ngombwa cyane. Intungamubiri zuzuye zirashobora kuboneka muguhitamo ubwoko butandukanye bwimbuto cyangwa ingano hanyuma ukayuzuza ubwoko bwimbuto nshya bwimboga.

Uku kuri kutuzanira umwanzuro wingenzi ko ibiribwa byuzuye bitareka kuba byiza nyuma yo gukama gato. Hanyuma

nigute dushobora gufata nk'intungamubiri ibyo bintu biva mu ziko, mu gikoni no mu rwasaya rw'imashini zivuga?

Nubwo bimeze bityo ariko, ibinyabuzima ntabwo byangiza cyane iyo byambuwe ibiryo bishya mumezi make yubukonje. Kuberako bakora ibura mugihe cyimpeshyi nizuba, iyo kamere yose yongeye kubaho. Kamere yabashishikariye ubwo buryo bwubuzima. Imbutu zumye, ibinyampeke na pulses, mubyukuri, ni ibiribwa bizima, ariko biri mubutayu kandi budasinziye. Kubwamahirwe, birashobora gukangurwa byoroshye, gukora hanyuma bigahinduka intungamubiri nziza mugushiramo amazi hanyuma ukabikwa mumuyaga ukonje kumunsi umwe cyangwa ibiri. Kubwibyo, ukoresheje ibinyampeke bimaze gusa (bikora) ikiremwa muntu gifite amahirwe yo kubona imirire yuzuye mubihe byose byumwaka no mubice byose byisi. Arashobora noneho gukoresha ibihumbi bisigaye byibiribwa bishya kandi byinshyi kugirango yinjize ibintu bitandukanye mumirire ye kandi ubuzima burusheho kunezeza.

Ubuzima nishyirahamwe ryingufu & ibintu. Iyo dushaka kubaka imashini, duhuza ibice byose bikenewe dukurikije igishushanyo mbonera, kandi mugihe amakuru yanyuma arangiye, imashini ikora. Ikintu gishyira uruganda rwumuntu mubikorwa rwiswe roho, ifatanywa nibindi bice byose, ikuzuza imiterere yibinyabuzima ikabishyira mubikorwa.

**Ibyiza bya poroteyine zihariye, Vitamine na
Amabuye y'agaciro hamwe nibintu byose byitungamubiri
Ntibikwiye Gukomeza Gushiraho Urufatiro rwo Kuganira**

Mu gice giheruka twabonye ko imboga zose ziribwa zigizwe ibintu bimwe, kandi ko itandukanirwo mubintu byabo bya shimi na physique biterwa nibitandukanirwo mubigize n'imiterere ya molekile. Kubwamahirwe, abahanga mubuzima bwibinyabuzima birengagije iki kintu kidasubirwaho kandi bashingiywe siyanse yabo yose kubintu bitandukanye bigoye basanze mubiribwa. Basindishijwe nubuvumbuzi bwakozwe muri laboratoire zabo, bahanze amaso iyo laboratoire nziza ya kamere tugezemo ingano yimbuto ntabwo kuburyo

ntibigaragara cyane mumaso kandi bitangwa, mubisubize, mubyumweru bike, hamwe nibiryo byiza byuzuye bihaza ibikenewe byose mubinyabuzima muri byose. Ariko barashobora guhunga ubwo buntu bwibidukikije cyangwa bakabutwika bakabusenya, nyuma yo gutegura, muri laboratoire zabo mbi, ibintu bimwe na bimwe byapfuye bifite aho bihuriye na byo. Iyi mvururu ubu biyubashye bafite amazina nimibare itandukanye, kandi barayikoresha mukubangamira, mbere na mbere, ingingo zabo bwite niz'abana babo b'inzirakarengane.

Bavuga rero ko, kubona ibintu byinshi bitandukanye mu nzabibu ko inzabibu zirimo ibintu-nkibi, nkaho ntakindi kirimo. Bakora ikintu kimwe kubijyanye nibiribwa bisanzwe nibidasanzwe, kandi ibiribwa bashoboye kubona kimwe muribigize biradusabwa nkisoko yitungamubiri zatanzwe. Nkibisubizo byo kutareba kure, ibiribwa byangiza cyane bigaragazwa nkitungamubiri zuzuye kandi nibindi.

Gusa fata ikaramu hanyuma ukore urutonde rwibintu abahanga mubuzima bwibinyabuzima bavumbuye mubiribwa biboneka mu nka: inyama zinka, umwijima, ubwonko, umutima, amata, ubuki na foromaje. Noneho reka turebe niba zishobora kumenya ibyo bintu byose muri clover, ibyatsi cyangwa mubyatsi bisanzwe byo mumisozi muburyo bumwe. Ocourse ntabwo. Nyamara ntamuntu numwe ushobora guhakana ko ibikoresho fatizo bijya gukora umubiri winka aribyo bimera nyine; nukuvuga, inka yose ikozwe rwose muri ibyo byatsi. Niba tubona ibiribwa byinyamanswa nkitungamubiri zihagije rwose zinyamaswa zitya inyamaswa, ni ukubera ko umurambo wose wumuhigo ufite uruhu, amagufwa, amaraso ninyama kandi, ikirenzeho, hamwe ningirabuzimafatizo zose zifite ubuzima, ufite intungamubiri zingana kugeza ku byatsi. Ariko ni ubuhe gaciro amata, amavuta cyangwa inyama byafashwe ukwe? Buri kimwe muribi gifite igice kitagira ingano cyagaciro cyibyatsi bisanzwe kandi cyatanzwe kiri mubihe bibisi. Kubijyanye nibisigaye byitungamubiri zibyo bintu nyuma yo guteka ntibikeneye amplification. Noneho, reka tumenye agaciro kitungamubiri nyayo yamata cyangwa inyama, bihesha ikinyejana Noneho, reka dusuzume agaciro nyako kamamaza kose karimbisha amabati n'amabati y'amoko atabarika y'amata yumye kandi yangiritse.

Ubutabera burasaba ko guhera ubu abakwirakwiza ayo matangazo bagomba kuzanwa kandi bagahanwa bikomeye, kubera ko inshingano z'urupfu rwa miliyoni z'abana zishingiye ku bitugu byabo.

Ndemera ko umuntu ahora ahangayikishijwe no kwiga ibintu bishya, gucengera mumabanga ya kamere, kwagura ubumenyi bwe. Ni ngombwa cyane cyane ko buriwese ufite uruganda agomba kumenyera amabanga yibikoresho bikenerwa mu ruganda rwe.

Reka abahanga mu bushakashatsi bafungire iperereza ryabo mu nkuta enye za laboratoire zabo kugeza ku munsu, igihe bazaba bakuze mu gihingwa kiva mu mbuto zigizwe rwose n'ibigize ingengabihe ikozwe mu mahugurwa yabo. Ubwo ubwenge bwabo buzaba bungana n'ubwenge bwa kamere. Ariko isi yacu yamazwe kuzura imbuto nkizo, binyuze muri zo tubona intungamubiri zihagije zihaza ibikenewe byose mubinyabuzima byacu. Iyo ntungamubiri ntizishobora kuboneka na gato. Nta kintu kibuze muri cyo; nta kintu na kimwe kirenze; buri kintu cyose kigize gifite ubuziranenge, ubwinshi n'imikorere byacyo bigenwa no kubara neza.

Batubwira kurya poroteyine, kuko poroteyine ari nziza ku buzima. Ariko tugomba kurya bangahe? Haba hari umubare rusange wemejwe kubyo dusabwa buri munsu? Amatafari arakenewe mukubaka inyubako, ariko mubyukuri ntidushobora kurunda amatafari atarobanuye cyangwa kuyashyira hamwe nta minisiteri.

Abatekinisiye bashya binjije mu kibuga. Barimutse injeniyeri w'inararibonye mu nganda nyinshi zigoye none bifuzwa kubungabunga no gukoresha izo nganda ubwazo. Ahantu hose hari ibice byibikoresho byegeranijwe kubushake. Buri wese muribo afata ikintu icyo aracyo cyose ashobora kurambikaho amaboko yoroshye akagaburira uruganda. Umwe azana amabuye, undi icyuma; icya gatatu gitwara ibumba, icya kane amazi. Ibi byose bahurira hamwe nta gahunda ihamye cyangwa igishushanyo mbonera, hanyuma bakagenda bakazana byinshi kandi byinshi. Ibintu byinshi kama nibidafite umubiri bihora bikora ibyabyo

isura. Umuntu agaburira imashini nintoki zingingo runaka, akavuga ko ari ingirakamaro; undi yuzuza indobo yibintu bya kabiri, yemeza ko bigifite akamaro. Umuntu wese rero aniga uruganda nibintu byose atekereza kumera nkibigize ibikoresho bibisi bikwiye. Ubushakashatsi burakorwa, ubushakashatsi butagira iherezo. Ku ruhande rumwe, abantu batagira ubwenge batwitse ibyo bikoresho bibisi; kurundi ruhande, abantu bose barihutira gufata ibisigisigi ashobora kuvana mu ivu ryaka kandi akabigaburira mu rujijo rwuruganda.

Mubisanzwe birahagije, uruganda rutangira gukora muburyo budasanzwe. Ibindi bidasanzwe uruganda rukora, niko aba bahanga bakura bagwiza imbaraga zabo. Bakoresha ubu buryo nuburyo bwo gushakisha uburyo bushya nibikoresho bishya. Muri urwo rujijo bakandagira, basenya cyangwa batwika ibintu by'ingenzi bigize imiti y'ibikoresho fatizo, ibiyigize rimwe na rimwe bikaba bito cyane ku buryo batabibona. Iyo babonye ko imbaraga zabo ntacyo zimaze kandi uko uruganda rugenda rugenda rugenda rwiyoungera, baragenda berekeza mu butayu basanga ibintu bishya rwose bidafite aho bihuriye na gato n'ibikoresho fatizo by'uruganda, kandi gerageza kugenzura imikorere yuruganda rwabo ubafashe. Mu gihe gito, kimwe muri ibyo bintu bishya gihagarika urusaku rw'uruganda, ikindi kikavuzwa urusaku rwacyo, icya gatatu kigabanya umuvuduko wimikorere yuburyo bumwe na bumwe, mugihe icya kane, bitandukanye nacyo, cyihuta kurushaho. Izi mpinduka zigaragara nkibimenyetso byiza kuri bo; basimbuka umunezero bakoma amashyi nk'abana bato, hanyuma bakomeza gushakisha ibintu "bikomeye kandi byiza". Rimwe na rimwe, ibice bimwe byuruganda bihagarika gukora burundu cyangwa bikora kuburyo budasanzwe kuburyo bibangamira umutekano wabaturanyi babo. Nibwo abagabo berekana ubuhanga bwabo bukomeye. Bakuraho ubuhanga no guta ibyo bice "bidafite akamaro".

Ntabwo bitangaje kuba izo mbaraga zose zirangirana no gutsindwa burundu kandi uruganda rukurikirana uruganda rwirukanwa kukazi vuba. Ariko ba injeniyeri batitaye ntibatakaza ibyiringiro.

Bakomeje mubushakashatsi bwabo bukabije, banga kwibuka injeniyeri nyawo muruganda, imiterere yabyo, barabihakanye.

Kugereranya guhoraho kumubiri wumuntu nuruganda ntibikorwa muburyo bwikigereranyo. Kubwumubiri wumuntu mubyukuri ni uruganda nkizindi nganda zose, hamwe niri tandukanirwo kuburyo bigoye cyane kuruta uruganda rusanze kandi ibiyigize ni bito cyane kuburyo ibyinjishije bitagaragara kandi ntibyumvikana kubantu.

Kimwe na ba injeniyeri hejuru, abahanga mu binyabuzima bacu bakora ubushakashatsi ku bantu n'ibikorwa biteye ubwoba ku ntoki, n'ibiribwa by'ibanze bishoboka, binyuze mu myiteguro itandukanye ya sintetike ndetse n'uburozi bwica abantu buzwi n'abantu. Basohora urutonde rutagira ingano hamwe namazina aringaniye yibintu kandi bayobya abantu nibyifuzo byabo bibeshya. Buriwese atanga icyo yifuzaga, buriwese avugaga ibiza mubitekerezeho bye, akora atabishakira, akurikije itegeko. Buzuzwa ibihumbi n'ibihumbi kandi bakuzuzwa isi hamwe nabo, bakubita inkuba kuri radiyo, basohora amatangazo mu binyamakuru. Ariko ibyo bakora byose nibinyoma, ibyo bavugaga byose bivuguruzanya. Bagereranya ibintu byangiza cyane nkingirakamaro cyane, ariko babuza gukoresha ibyingenzi. Muri iyi mitekerezeho ya welter no kwitiranywa ibintu, abanditsi ubwabo barikanga mu gushidikanya no kudafata icyemezo, mu gihe ababateze amatwi bahagaze bayobewe kandi barumirwa. Hagati aho, ishyamba, abatwegereye bava muri ubu buzima miriyoni, bidakenewe mbere yigihe cyabo.

Ndasaba abagabo bese bafite ibitekerezeho byicyubahirira kwisi yose gusohoka yo kutagira ubunywabwabo niba gusa kubuzima bwabo bwite nubwa kith na bene wabo. Nibashyire hamwe nanjye kugirango imbaraga zacu zubumwe duhumure amaso yabantu, duhindure ingeso mbi zimirire yimirire kandi duhagarike ubwo bwicanyi buteye ubwoba.

Reka buri wese muri twe afungure amaso kandi yitegereze yitonze amahano ateye isoni yimico igezweho. Binyuze mu myifatire itari myiza yemejwe n'abahanga bacu, abunguka n'abashishoza binjije mu murima. Ibiribwa byangiza kandi byangiritse cyane byamamazwa kubantu nkisoko ya vitamine kandi ni

kugurishwa kumugaragaro. Harimo ibisuguti, ibijumba, ibinyobwa bidasembuye nka Coca-Cola na indimu, inyama zishyizwemo amata, amata yumye hamwe n'ibihumbi n'ibihumbi bitandukanye by'ibiryo bitandukanye, byambuwe burundu intungamubiri zifite akamaro kanini kandi bikunze guteza indwara no kwica abantu. Ibintu byamatsiko menshi byegeranijwe kuva aha naha, bivangwa hamwe, byuzuzwa amabati namakarito, byanditseho urubingo rurerure rwamazina y'amatungo asa n'ubuhanga kandi bigurishwa ku bantu bayoboka nk'imyiteguro y'imirire ku gicirire. Ku buryo ubuvuzi bwa kijyambere bwamamajwe ku buryo laboratoire zigenga zishyura abaganga 50% ku baganga ku birego abarwayi boherejwe. Umuntu yagomba kuzuza amagana amagana niba umuntu ashaka kwerekana ishusho irambuye ya ruswa yose kwisi ya none. Kugeza ubu, ntabwo ndi mu myidagaduro yo gukora icyo gikorwa.

Hagati aho, abahanga mu binyabuzima basanga vitamine runaka mu bushakashatsi bwabo. Nyuma yaho gato bavumbuye ko atari ibintu byoroshye, ahubwo nibisobanuro birambuye byibintu icumi, kuri buri kimwe bahitamo izina. Buhoro buhoro babona ko vitamine runaka itagaragaza imbaraga zayo mugihe abandi badahari, cyangwa bakabona ko, iyo byinjijye mubinyabuzima, ikintu kimwe gihinduka mubindi nibindi.

Ingaruka za vitamine artificiel ku binyabuzima byabantu ziragaragara kandi zivuguruzanya. Abagabo barambika amatafari yumurongo wurugo kumurongo nta minisiteri iyo ari yo yose hanyuma, kugirango bakosore iryo kosa, bategura ingunguru nini ya minisiteri yo hasi hanyuma bayisuka ku nyubako icyarimwe. Kwizirika hejuru yamatafari, iyo minisiteri irinda inyubako umuyaga n'imbura mugihe gito, ariko ntabwo yinjira mubice hagati yamatafari kandi birumvikana ko itigera igera mubice byimbere byububiko. Rimwe na rimwe, ingano irenze urugero ya minisiteri y'ibinyoma ikoreshwa; noneho inyubako iyo ari yo yose umusingi runaka uranyeganyega. Ibi nibyo rwose bibaho rimwe na rimwe mugihe cyo gutera vitamine, mugihe umurwayi apfuye akimara guterwa. Nigute umuntu ashobora kwerekana nk'intungamubiri ibintu bike cyane byica umuntu imbere

iminota itanu yo kwinjira mumubiri wumuntu? Ni ryari abagabo bazagaruka kandi bakareka gutya? Nubwo gutsindwa kwinshi, gutenguha hamwe nibyago, abagabo bakomeza inzira zabo mbi kandi ziteye ubwoba, banga gusubira inyuma intambwe imwe.

Ibitabo bishya bikomeza kugaragara; urutonde rushya nibyifuzo byongerwaho buri gihe kubishaje kandi umwuzure utagira ingano wuburozi uagenda utemba uva mu nganda winjira mu ngingo zabagabo. Nkuko biri, ibihumbi byinshi byanditse byerekeranye nimirire hamwe nibisobanuro bifitanye isano, byose bifite ibitekerezo bitandukanye nibitekerezo, ibisobanuro bitandukanye nibisobanuro, urutonde rutandukanye hamwe nameza.

Reka dufate akanya ko ibitabo byanditswe kumuntu vitamine nibindi bigize intungamubiri, ibyifuzo byintungamubiri nurutonde rwimirire yihariye byose nukuri. Turashobora noneho kwibaza niba mubyukuri aribwo buryo bufatika bwimirire yabantu kandi niba abifuza kubaho kuriyi si bakeneye icyifuzo kibabaje cyo kwiga ibyo bitabo byose kumutwe. Bizagenda bite kuri miliyoni, abatuye mu misozi no mu mibande, mu midugudu ya kure no mu midugudu, kandi bakaba badafite amahirwe yo kumenyera urutonde nk'imirire n'ameza? Bagomba gupfa bazize inzara?

Oya, nshuti nziza, kanguka kuri torpor yawe yo kutitaho ibintu, kuko ntabwo arinzira yubuzima yagenewe abantu. Ubuzima nkubwo mubyukuri ntabwo ari ubuzima na busa; ni inzozo mbi. Tugomba kuzana impinduka zuzuye kandi zihuse mubitekerezo byacu kubibazo byimirire. Ibisohokayandikiro byintungamubiri hamwe nimirire bigomba guhagarikwa kandi imiti yose ya vitamine yubukorikori hamwe nibiyobyabwenge byuburozi bigomba guhagarikwa icyarimwe.

Hariho inzira imwe gusa yo kubohora abantu muri izo nzozo rimwe na rimwe, kandi ni ukuzana impinduka zikomeye muburyo bwacu bwo kubaho no mumirire yacu. Izi ngeso zigomba guhinduka muburyo bwo guhuza no guhuza gahunda nziza yimirire nubuzima bwumuntu. Noneho guhitamo hagati yintungamubiri zitungamubiri ntizizongera gukora intego zingirakamaro kandi abantu ntibazongera gutekereza kubitekerezo byihariye. Gusa biringaniye rwose

ibiribwa bigomba kubikwa murugo nkuko bifite agaciro kitungamubiri; muyandi magambo, buri kimwe mubiryo biribwa numuntu bigomba kuba intungamubiri zuzuye ubwazo.

Basomyi ntibagomba gutekereza ko bigoye kuyobora abantu bose muri iyo nzira nziza. Gusa birasa nkaho hejuru. Mumaze kunyura mubyiciro byayo byose, nzi ko, aho kuba bigoye, ari umurimo woroshye cyane, aho niteguye gukoresha igihe cyanyije n'imbaraga zanyije zose.

Tugomba gushyiraho ibintu nkibishobora gutuma abakire nabatindi, abakomeye nabato, abize kandi boroheje kimwe kugirango babeho ubuzima bwiza tutiriwe duhora dushinzwe guhitamo byanze bikunze ibiribwa babarya. Noneho guhitamo ibiryo bizagenwa nuburyo twumva uburyohe, ibyifuzo nibyifuzo byacu bizatubera umuyobozi udahwema guhitamo ibiryo karemano.

Turashobora kwibaza, erega, icyo abahanga mubinyabuzima bashaka nicyo intego yabo nyamukuru ni. Birashoboka ko bo ubwabo badafite imyumvire isobanutse yintego yabo ya nyuma, ariko nzababwira. Bagerageza kumenya ibintu umubiri wacu ukeneye kugirango ubeho ubuzima bwiza. Bifuza kumenya imikorere ikwiye ya buri vitamine na minerval mu binyabuzima byacu. Bavumbuye ko vitamine runaka itera gukura kwacu, indi ikaturinda kwandura, iyagatatu ikomeza amenyo, nibindi. Ariko aho kwishora muri ibyo bibazo byose, ntibyaba byiza baramutse basuye amashyamba yo muri Afrika inshuro imwe gusa bakabaza inzovu hari ibinini bya calcium bafashe kugirango bakure amahembe y'inzovu, cyangwa ubwoko bwa poroteyine? bariye kugirango bakusanyirize hamwe ubwinshi bwabo?

Reka tuvuge ko nyuma yo gukora ubudasiba imyaka ibihumbi nibihumbi barangije kugera kubyo bifuzwa. Icyo gihe bazashobora kumenya ibigize byose mu ngano z'ingano cyangwa mu zindi mibiri y'imboga no gusobanukirwa amakuru arambuye y'ibikorwa byabo mu binyabuzima byacu. Ariko ibyo bashaka cyane basanzwe biri mumaboko kandi mubwinshi, nabwo. Bageze ku rwego rwo hejuru

intego, intego nyine badashobora kwizera ko bazagera muri
laboratoire zabo nyuma yimyaka myinshi. Ni iki kindi bashaka icyo gihe?

Ariko umusomyi ntagomba gutekereza ko abahanga mubuzima
bwibinyabuzima ari abantu badafite ubwenge rwose. Bafite impamvu zo
gukora nkuko babikora kandi mubitekerezo byabo ni impamvu
zikomeye kandi zikomeye. Kubahanga ni "abantu bafite umuco kandi bafite
umuco"; ntabwo ari abagabo ba mbere baba mu mashyamba yijimye, cyangwa
ngo babe mu bigega no mu kiraro. Nigute bashobora kureka imigati
yabo yera, imigati yabo iryoshye hamwe nibyokurya byoroshye kandi
bakuzuza umunwa wabo ingano mbisi, kimwe nabanyarugomo bambere?
Nibyo, birumvikana ko muguhindura ingano zose kandi zidahumanye mo
umugati wera cyangwa imigati, usibye ibinyamisogwe byapfuye hamwe
nisukari, ibihumbi icumi byose byitungamubiri byangiritse, ariko ibi bisa
nkaho bidahangayikishije. Ntibigera batwemerera kwibagirwa ko
ibinyamisogwe bitagira ubuzima hamwe nisukari, nabyo bifite
"inyungu". Zitanga karori ikenewe kugirango itange ubushyuhe
mumubiri, mugihe ibyifuzo byingingo zacu, glande na nervice
byujwe nubutunzi butangaje "siyanse" nka vitamine yubukorikori, imyunyu
ngugu, imisemburo yibinyoma kandi cyane cyane ubwinshi bwuburozi, buruta bumwe umu

Hanyuma, byagenda bite noneho inganda, ibitaro, abaganga, abaforomo,
farumasi, ibikoresho byo kubaga nibindi bikoresho bisa?
Mbega imbaraga zidashyizwe mubikorwa byo kubigura niyihe mirimo
itakoreshejwe mukubaka! Nigute bashobora kureka ibyo "byagezweho"
kubwizo ngano nto? Intambwe nkiyi ntishobora no gutekerezwa, cyane
cyane yatewe. Ntacyo bitwaye cyane niba ibihumbi, oya, miriyoni zabantu
bazize indwara z'umutima, kanseri nizindi ndwara. Bitinde bitebuke abagabo
bagomba gupfa uko byagenda kose, none sibyiza ko bapfa hakiri kare
bakibohozza imibabaro nububabare bwiye si? Ni ubuhe buryo bwo
kubaho kugeza ku myaka 200 ku isi igenda yuzura uko imeze? Ntutangazwe
no kumenya ko hariho abantu bafite iyi myumvire. Birashobora rwose
kwemezwa ko abantu benshi, bahumye nkabo bafite ibiyobyabwenge byo kurya
imirambo, batekereza batyo muri iki gihe. Ariko ndatangarije isi yose ko
ABANTU BOSE BAGOMBA KUBA

SHAKA IBIKORWA MURI LETA Y'IMBERE. IYI NI ITEGEKO RY'IMBERE.

Nubwo bimeze bityo ariko, simpakana ko intego zose ziyobora abahanga mu binyabuzima zabaye icyifuzo cyo gukorera inyokomuntu. Ariko iyo babonye imbaraga zabo zananiranye, bagomba guhindura inzira zabo ziteje akaga bidatinze kandi bagomba guhita bahagarika gusohora ibitabo byose bivuga kuri ayo masomo; bitabaye ibyo, rwose bazakwiriye umuvumo wibisekuruza bizaza. Mumaze guhuriza hamwe ibintu byose bivuguruzanya hamwe nimibare igomba kuboneka mubitabo bivuga ku mirire, nashishoje neza kandi napima ibimenyetso bihari kandi mfata umwanzuro wibanze ko kugeza ubu imirire ireba abantu bose bagomba gutekereza kimwe kandi kugaburira kimwe.

Ku bijyanye n'uyu mwanzuro, ntihakagombye kubaho gushidikanya cyangwa kutavugira rumwe.

Kubwibyo, kubera ko ibitabo bimaze gusohoka kugeza ubu bivuga ibyerekeye imirire yabantu kugiti cyabo hamwe nimirire itandukanye yihariye bakoze inshingano zabo, bigomba kuvaho byose kugirango bikwirakwizwe kugirango ibitekerezo byabaturage bitazongera kuvangwa nibitekerezo byabo bidafite ishingiro kandi bivuguruzanya. . Mu yandi magambo, ibyo bitabo byose bivuga ku mikorere n "inyungu" za poroteyine, karubone, amavuta, vitamine n'imyungu ngugu bigomba guhagarikwa. Byaba rero ibyo bitabo byose biteye akaga bigeragezwa kwerekana ko agaciro k'ibiribwa bimwe na bimwe biri mu ntungamubiri zihariye zirimo.

Ndetse ibyo bitabo abanditsi babo bagerageza kwemeza ko imbuto zimbuto zimwe ugereranije nizindi zigomba gufatwa nkibirenze. Byinshi, ubushakashatsi buzaza bushobora kwerekezwa mugukora ubushakashatsi rusange murwego rwo gutanga amakuru akenewe kugirango hamenyekane urwego rwiterambere nibyiza byicyiciro kimwe cyibiribwa ugereranije nandi masomo. Kurugero, ubushakashatsi burashobora gukorwa kugirango hamenyekane itandukaniro rinini hagati yimbuto, ibinyampeke, ibinyamisogwe, imbuto, imboga rwatsi n'imizi, niba itandukaniro nkiryo rihari.

Kuva ubu, bigomba kuba inshingano nyamukuru y'abanditsi bose, abahanga, abaganga, abanyamakuru n'abantu b'ikiremhamuntu kwereka rubanda muri rusange ibintu byose by'ibyangiritse bikabije byatewe no kwangirika kwitungamubiri karemano no gushishikariza abantu kuyoboka bidasubirwaho amabwiriza. ya kamere.

Umubiri nyawo numubiri wibinyoma

Abaguzi basanzwe barya ibiryo bitetse mubyukuri ni uguhuza abantu babiri murimwe; afite imibiri ibiri. Umubiri wambere, UMUNTU NYAKURI, numuntu wukuri ubwe, wahamagariwe kubaho hakoreshejwe intungamubiri karemano kandi aracyakomeza gutungwa nimirire karemano. Umubiri wa kabiri, UMUNTU W'IKINYOMA, wabayeho hakoreshejwe ibiryo bidasanzwe, bitetse, bihimbano kandi bikomeza kubaho ku mirire idasanzwe yonyine.

Utungo ngengabuzima twose two mu mubiri wumuntu ko, kuba muzima, udasanzwe kandi ukora, ukomeza ubuzima kandi ugakomeza umuntu kumaguru ye yubatswe, agaburirwa, arakora kandi asimburwa rwose nibiribwa bisanzwe. Izo ni selile zitanga imbaraga kumitsi, zigenga kugabanuka k'umutima, kwanduza ubwonko ubwonko mumubiri kandi bikabyara ururenda. Usibye utungo ngengabuzima twateye imbere cyane hari izindi selile zifite aho zihurira na selile zisanzwe, ariko, mubyukuri, imiterere yibanze, ibura imashini nuburyo bukenewe mubikorwa byihariye kandi muri rusange byangirika kandi birarwaye. Utungo ngengabuzima tuvuka, twororerwa kandi turagwira rwose twishyuye ibiryo bidasanzwe kandi byangiritse.

Mubinyabuzima byabaswe nibiryo bitetse, umuntu nyawe afite umwanya muto cyane icyumba rwose. Ndetse mugihe umuntu unanutse igice kinini cyumubiri kigizwe ningirabuzimafatizo zidakora.

Buri glande cyangwa urugingo rukenera umubare runaka wutungo ngengabuzima dukora kandi kabuhariwe, ariko mugihe hakenewe kuzuzwa kwingirakamaro kwingirangingo, kubaka ingirabuzimafatizo ziyongera mubice byatanze bihagarara,

bitabaye ibyo byakura kugeza mubunini bukabije. Noneho, kubera ko selile zikora zitwa kubaho gusa binyuze mumirire karemano, mugihe uwabasweye ibiryo adaha umubiri we ubwinshi bwibiryo byibiribwa bisanzwe, urugingo rutegetswe gukuraho ibura ryarwo kandi rugakomeza ubunini bwarwo muburyo butarenze mukusanya a umubare runaka wa selile zidakora ziva mubiryo bitetse. Utugingo ngengabuzima tudafite akamaro na parasitike twinshi mu ngingo zose na sisitemu z'umuntu wabaswe n'ibiryo, utabariyemo amagufwa, imisumari n'umusatsi.

Nubwo bimeze bityo ariko, ibinyabuzima byabantu bamwe biracyashobora kurwanya indyo idasanzwe mugihe runaka. Mubyukuri, binaniza ibishoboka byose kugirango birinde umugabo wibinyoma kugabanuka kwifunguro, kuribwa mu gifu, isesemi, kuruka, kudasinzira, kubabara umutwe nubundi buryo busa. Abantu batareba kure bafata ibimenyetso nkibi byo kwirinda nkibimenyetso byerekana intege nke z'ibinyabuzima, bityo aho guhagarika ikoreshwa ry'ibiribwa bidasanzwe, bashishikarizwa kubikoresha cyane kugira ngo "bagaburire kandi bakomeze" umurwayi. Kandi mugihe gikomeje kwibasirwa nibiryo "bifite intungamubiri" urugamba rurerure, rukururwa rugeze ku ndunduro ibabaje hamwe no gutsindwa k'umuntu nyawe, ibinyabuzima bihatirwa kureka imbaraga zacyo zikomeye kandi "bikamenyera" ibyo biribwa bidasanzwe. Nicyo kimenyetso cyo kuvuka k'umuntu wibinyoma, bidatinze atangira kurya nk'impyi agakura bidasubirwaho. Nyamara abantu batareba kure bafata iri terambero

Nyuma yigihe iyo myigaragambyo yagabanutse, kandi uyumunsi urwego rugeze mugihe abana benshi bavutse bafite imibiri ibiri. Abana nkabo batangira gukura umugabo wibinyoma na mbere yuko baza mwisi. Urashobora kubona umugabo wikinyoma kuri buri ntambwe ku kibuno no ku maguru by'abagore, ku matama yabyibushye y'abana, ku mitsi no mu ijosi ry'abagabo, n'ahandi. Umugabo wikinyoma ahindura imibare myiza yabakobwa bato mugihe cyambere cyubuzima bwabo, abuza abantu bakuze ubushobozi bwabo kumurimo. Yinjira mu mutima, impyiko, imiyoboro y'amaraso, glande na tissue z'abantu kandi bigahagarika ibikorwa byabo. Mubisanzwe nukuvuga, ifata umugabo nyawe mumaboko yayo hanyuma akamunyunyuzwa buhoro buhoro akamuniga.

Iyo umuntu wabaswe nibiryo bitetse ahaza inzara akarya imbuto, bivuze ko mugihe runaka umugabo nyawe arahaga byuzuye kandi ntagifite ubushake bwo kurya. Ariko umuntu wibinyoma ntiyigeze abona umugabane witungamubiri karemano, nuko asaba ibiryo bye bidasanze ubu. Igituma ibintu bibabaza cyane ni uko agaragaza ibyifuzo bye bibi akoresheje umunwa wumugabo nyawe. Kurarikira cyane ibiryo bitetse nubushake bwicyo gikoko kandi ntaho bihuriye nibisabwa numugabo nyawe. Ukwo kwifuza guhinduka muburari mugihe irari ryubugome bubiri, ibiyobyabwenge nibyifuzo bibi, bihuza imbaraga.

Hano niho umugabo nyawe, nta gitekerezo cyangwa gutekereza, akora umurimo usuzuguritse. Akora cyane ubudahwema umunsi ku wundi, yinjiza amafaranga nububabare bukabije nububabare hanyuma, hamwe nububabare bwinshi nububabare bukabije, ahindura ibiryo karemano yaguze namafaranga yinjiza cyane mubintu bibi, abinjiza mumubiri we binyuze mumubiri we umunwa we bwite, ubarya mu muyoboro we wa alimentaire, ubinjiza mu maraso ye maze ubigeze kuri kiriya gikoko, umwanzi we ukaze, uwo arera kandi akamurera mu gituma cye kandi umubiri we uteye ishozi ahora utwara imitsi ye idakomeye.

Hano, ngomba kubaza abahanga mu binyabuzima bashimangira poroteyine kandi bagatanga ibyiringiro byibinyoma ku mbaraga zitwa vitamine artificiel, niba batagirira impuhwe abo bagabo n'abagore bahinda umushyitsi kandi bakanyeganyega bagenda mu muhanda, ntibashobora gukuramo uburemere bunini bwa umuntu wibinyoma kumaguru yabo afite intege nke. Umutimanama n'impamvu by'abo bantu biri he? Ese iyo mbaga yibinure ninyama bidafite akamaro ntibibaha ibiryo byo gutekereza? Erega burya, corpulence nibuto za poroteyine zinyamanswa "zuzuye-zuzuye" hamwe n imigati yera "igogorwa". Gerageza gusa kwambura abo bantu babyibushye imigati ninyama, hanyuma ubagaburire mugihe runaka namategeko yibanze ya kamere, hanyuma urebe uburyo izo mbaga ya shitani ishonga ikabura mumezi make.

Iyo dusuzumye uburyo byoroshye dushobora gukuraho ibyo birenze urugero ibirundo byinyama ningaruka gukira byuzuye byoroshye kandi

uburyo karemano, dushobora kwibaza neza impamvu abantu batandukanije amasomo menshi bitabaje motle yuburyo bubi kandi butagira ubwenge, nta byiringiro byo gutsinda.

Umuntu wibinyoma ntabwo agizwe ningirabuzimafatizo gusa, ahubwo na amazi arenze urugero, ibinure, beto, umunyu, uburozi nibindi bintu byangiza, byinjije kandi bikwirakwira mu myobo yose nduze twose byumugabo nyawe. Indwara zose, nta kurobanura, zitwa kuba muri selile yumuntu wibinyoma. Mu ngirabuzimafatizo z'umuntu w'ikinyoma, niho havuka kanseri.

Indwara ziterwa no kurenga ku mategeko ya Kamere

Hashobora kubaho impamvu ebyiri gusa zo gusenya uruganda: kubura kuringaniza mubikoresho byacyo byangiritse nibyangiritse bituruka hanze. Nta yindi mpamvu ishobora kubaho. Ibyangiritse byatewe n'ibinyabuzima byabantu biva hanze (gutwika, gukomeretsa, uburozi, nibindi) birasobanuka byoroshye kandi ntawutumvikana kuburyo bwakoreshwa mubuvuzi bwabo.

Muri ibyo byangiritse byo hanze hashobora kuba harimo ibyangijwe n'ibinyabuzima n'imiti yose yivura yonyine, vitamine y'ubukorikori, imyunyu ngugu, inzoga, nikotine, icyayi, ikawa, ndetse n'uburozi bwinshi bwinjizwa mu mubiri hamwe n'ibiryo bitetse kandi bibitswe muri buri rugingo.

Ibikoresho byonyine bihuza kandi bitagira amakemwa kubantu ibinyabuzima nibimera bibisi bigenwa na kamere. Impinduka ntoya yakozwe muri iyo mibiri isobanura guhungabanya ubwuzuzanye bwibikoresho fatizo byuruganda rwatanzwe; ibi, bivuze, kwimura ibikorwa bikwiye byurwo ruganda; muyandi magambo, bisobanura indwara. Mu buryo buhuje n'amategeko y'ibidukikije, ibi bigomba gufatwa nka axiom, aho bitagomba na rimwe gushidikanya cyangwa ibitekerezo bitandukanye. Ibikoresho fatizo byuruganda rwabantu byiswe NOURISHMENT.

Kamere yubatse ibikoresho fatizo bikenerwa kubantu hamwe no kubara neza kuburyo iyo dushyize urubuto rumwe rwinzabibu mumunwa, iyo mbuto ntoya iracika kandi ikwirakwira mubinyabuzima kugirango ibone ibyo ikeneye byose nta kurobanura. Urubuto rwambere rwubaka imiterere ya selile yoroheje, hanyuma rwubaka uburyo bwose bwimbere bwingirabuzimafatizo zitandukanye, rutanga ibikoresho fatizo bikenewe mu musaruro, bisukura kandi bisiga amavuta ibice byose bigize ibice kandi bigasubiramo ibyangiritse, bigasimbuza abasaza na selile zinaniwe na selile yubuto, itanga lisansi kuri moteri ikanayishyira mubikorwa, igaha umubiri ubushyuhe nimbaraga zikenewe, kandi ikora ikindi gikorwa cyose gisabwa.

Umusomyi ashobora kwibaza uburyo ari uko hari abantu rimwe na rimwe batarya imbuto icyumweru cyangwa ukwezi kurangiye nyamara bagashobora gukomeza kubaho. Igisubizo nuko, muri rusange, ndetse byemejwe cyane guteka kurya ibiyobyabwenge bifata intungamubiri mbisi nonaha. Rimwe na rimwe, ingirabuzimafatizo zisanze zicwa n'inzara ibyumweru n'amezi, ariko kubera ko imbuto zegeranye cyane kandi zikungahaye cyane ku biribwa, ubwinshi bwazo butuma umuntu ku birenge runaka. Ariko niba iyo nzara irambuye bidafite ishingiro (kubisobanuro ubwayo ntabwo yumva iyi nzara), hagaragara mubinyabuzima imvururu zitandukanye, ibisebe nibibazo byindwara, igikomeye muri byo ni ibisebe.

Mugihe cya scurvy habaho guta buhoro buhoro ingirabuzimafatizo, biterwa no kubura intungamubiri zisumba izindi. Nyuma, inkuta za capillaries zitangira guturika, bituma habaho gukuramo amaraso. Amenyi noneho ahinduka meza kandi yijimye, amenyi aragwa kandi umubiri wose wumurwayi utwikiriye ibisebe. Kubireba abantu batareba kure iyi ndwara iterwa rwose no kubura vitamine C. Ibinyo byose bitetse, ibiyobyabwenge na vitamine artificiel ku isi ntabwo bifite imbaraga zo kurokora ubuzima bwumurwayi nkuyu. Niba adafashe imbuto cyangwa imboga nshya, byanze bikunze urupfu rwe.

Kamere yakunze abantu cyane, ariko umuntu yifashisha iyo ndulgence. Umunyamerika cytologue EV Cowdry

igira iti: "Igihombo ku bukungu bw'umubiri bwa serivisi zahuguwe na selile zabaye mbi ntabwo gikomeye, kuko hari ibisagutse mu ngirabuzimafatizo zose zihariye zishobora guhamagarwa mu gihe bibaye ngombwa, bizwi ku izina rya physiologique. icyenda-icumi. ya cortex ya adrenal, 1/2 cy'ibihaha, 3/4 by'umwijima, 4/5 bya tiroyide na pancreas kandi impyiko zose zishobora kuvanwaho n'umutekano "(CELCER CELLS, Philadelphia na London, 1955, p. 11). Ndetse na cytologue uzwi cyane kwisi ntureba kure kuburyo atabona ko gutakaza icyenda-icumi bya glande ari nkibinyabuzima; igihombo kimugaragariza gusa iyo ibinyabuzima byatanzwe bihagaritse gukora burundu. Ariko ubushakashatsi bwa Cowdry buje kwemeza imyizerere ifitwe nabarya mbisi ko kugabanuka kwifunguro ryibiryo bibisi bikurikirwa no kugabanuka kugereraniye kwingirabuzimafatizo zikora, bityo, mubushobozi bwakazi bwa glande cyangwa urungu runaka. Kenshi na kenshi ingingo z'umuntu wabaswe nizizi zitetse zikomeza kubaho kubwo gukora kimwe cya cumi cyangwa kimwe cya gatanu cyuzuzanya bisanzwe.

IYO KONTI NYAKURI ifatwa AMATEGEKO YA KOKO IMPAMVU YO NTA NDWARA ZISIGAYE; ibintu byose bigenda bisobanuka nkumunsi. Iyo umubare w'ingirabuzimafatizo zisanzwe, zikora zigabanuka bitewe no kugabanuka k'ibiribwa bisanzwe bikoreshwa, glande n'ingingo binanirwa mu mikorere yabyo kandi umusaruro uba muke, udahagije kandi ufite inenge, bitewe no kubura ibikoresho fatizo. Nkigisubizo, glande ngingo zahawe zirarwara. Na none, kubera ko ugereraniye selile nkeya zikora zisigaye nisisigaye zicwa ninzara kandi zinaniwe, inkuta zumutima ziraguka kandi indangagaciro zirangirika; ibyo bice byoroshye byuruhu, amara, igifu nabandi bagize umubiri bahura nigitutu gihoraho barabangamiwe; capillaries iraguka hanyuma igaturika, bikaviramo ibisebe byo munda no munda, gusohora mumitsi, pyorrhea, hemorroide, eczema, nibindi. Amenyi yangirika kubera kubura intungamubiri zihagije; umusatsi uhinduka imvi cyangwa kugwa. Muri icyo gihe, hamwe no kwegeranya ibintu byuburozi byinjijye mu binyabuzima hakoreshejwe ibiryo bitetse ingingo zidafite ubushobozi; inkuta z'imiyoboro y'amaraso zuzuyeho ibintu bikomeye; ibuye (cyangwa calculi) byakozwe muri

uruhago; sclerose, umuvuduko ukabije wamaraso, sciatica, rubagimpande, gout hamwe nizindi ndwara nyinshi zigaragara. Hanyuma, ubu bibaye akazi koroshye gusobanura impamvu yibitero bya apoplectic na kanseri.

Nta muntu urya utetse agomba kwiyumvamo ko ari muzima. Urufatiro rw'ubuzima bwe bubi rwashyizweho na nyina wabaswe na nyina urya-na mbere yuko avuka. Ibihimba bye byangirika kandi buri mwanya uba uri mukaga cyangwa kunaniza imbaraga za nyuma zingufu. Nyuma yo gusoma iyi mirongo, umuntu wese uha agaciro ubuzima bwe kandi akita ku buzima bwe agomba gufata icyemezo gihamye cyo guhangana n'akaga kandi agasana neza ibyangiritse ku binyabuzima bye. By'umwihariko, abo bantu barwaye umubyibuho ukabije n'umuvuduko ukabije w'amaraso ntibagomba gutindiganya akanya, kuko ubuzima bwabo bumanikwa n'umugozi. Ntibagomba kwemerera ijamba ribi "ritunguranye" kugaragara mumatangazo yabo y'ejo. Iri jamba nibimenyetso bitangaje byerekana ubujiji bwumuntu "umuco".

Uruhinja ruto ntirukwiye kurira nta mpamvu; ntagomba na rimwe kurara ijoro rituje cyangwa kurwara indwara zo mu gifu, nyamara bitarenze umuriro. Ntagomba kandi guhura na vitamine cyangwa calcium. Ibi byose nibisubizo byibiribwa bitetse, amata nubusumbane bwamata ya nyina yatetse. Ndatangaza kenshi ko ari icyaha cyubugome kumenyera umwana ukivuka ibiryo bitetse. Kugeza ubu iki cyaha cyakozwe n'ababyeyi bose batabishaka; guhera ubu bizafatwa nkicyaha cyateganijwe. Ejo, nta babyeyi bazashobora kongera icyaha.

Mbere yuko hafatwa icyemezo cyo kubagwa, umurwayi agomba kwitabaza kurya byuzuye. Niba urugingo rwangiritse rutatakaje ubwuzuzanye bwingirabuzimafatizo zikora, birashobora kugarura ubushobozi bwuzuye bwo gukora kubyara uturemangingo twiza kandi tugakuraho izarwaye.

Igihe cyose rero hari selile zirwaye mubinyabuzima byabantu, habaho kwifuza cyane ibiryo bitetse. Ariko umubiri umaze guhanagura ingirabuzimafatizo zirwaye, kubona amafunguro yatetse byuzura nyabyo

umuntu ufite ikizira, aho kwishimira. Gukomera cyane "inzara", niko indwara yimbitse kandi ikomeye. Muri make, kwifuza ibiryo bitetse nicyifuzo cyindwara, kandi gukomeza icyo cyifuzo bisobanura ko indwara zikomeza. Kubwibyo, kugirango duhashye kandi turimbure indwara, ni ngombwa kwicisha inzara umuntu wibinyoma.

Abarwayi ba kanseri bagomba guhita bashyirwa kumirire mike cyane y'ibiryo bibisi, nk'ikiro cya pome cyangwa inzabibu kumunsi. Ingano irahagije kugirango umuntu nyawe abeho, mugihe selile ya kanseri, idashobora kubona umugabane wabyo, izagenda ipfa buhoro buhoro. Umuntu wakatiwe urwo gupfa runaka ntaba agifite uburenganzira bwo gushimisha umunwa ku giciro cyo kwihutisha iherezo rye.

Reka noneho turebe serivisi zingirakamaro dushobora kuduha nubwoko bwa 350.000 bwibintu byuburozi bise ibiyobyabwenge. Bashobora kongera umubare wutugingo dutandukanye, gushimangira selile zidakomeye cyangwa guha selile zamugaye ubushobozi bushya bwo gukora? Bashobora gutanga ibikoresho bibisi glande yicwa ninzara cyangwa gusimbuza intungamubiri zangijwe numuriro? Birashobora gukomeza imitsi yumutima cyangwa guhanagura imiyoboro yamaraso yanduye? Bashobora guhagarika urujya n'uruza rwinsi mu ngingo zacu zumwanda nuburozi byinjira mumubiri hamwe nibiryo bitetse? Hanyuma, barashobora gutandukanya no kurandura kanseri ya kanseri umwe umwe cyangwa bakabasubiza mumubiri? Ahari ubwo burozi mubyukuri bigize igice cyimirire yacu kandi nukugenzura niho kamere yibagiwe kubishyira mubiribwa bisanzwe.

Ikigaragara cyo ni uko ingaruka zibyo bintu ari guterana amagambo, kubeshya, kugaragara, kwivuguruzwa kandi byanze bikunze byangiza. Ubuvanganzo bunini ku miterere yibiyobyabwenge nibihimbano byigihe cyacu. Isi nini cyane y'imiziririzo ifata abantu bose bo kuri iyi si ku buryo bwuzuye kandi imiti itagira ingano ifata inshingano za talismans.

Tugomba kuva mu burebure kandi tugafata imyifatire ifatika kuri ibyo bibazo. Ingirabuzimafatizo ntoya itagira ingano ubwayo, ifite imiterere igoye kuruta inganda zose zakozwe n'abantu. Ubu ni

biragaragara mubyukuri byoroshye ko nimbaraga zabo zose
zihuriweho ninzobere kwisi zitigeze zishobora kuzana
ingirabuzimafatizo imwe ibaho. Kandi nyamara buri rugingo rugizwe
na milliard yingirabuzimafatizo. Nubwo bimeze bityo ariko,
umuganga usanzwe yibwira ko ari inzobere muri iyo si yagutse. Iyo
uwo muganga yanditse izina ry' "imiti" yuburozi ku rupapuro, yibwira
ko ashobora kugarura imikorere idahwitse yinganda zinganda
yandikiwe uburozi bumwe. Mfashe abana banjye bato mu ntoki, imyaka
irangiye, nazengurutse mva mu gihugu kimwe njya mu kindi nizeye ko
nzabona iyo elixir itangaje, itanga ubuzima! Ni ibyiringiro bimwe
byukuri ko umurwayi wese, uko yaba ameze kose, akomanga ku rugi
rwa muganga uyu muni cyangwa agafata umwanya we ku murongo
w'ibitaro.

Mugihe umuti wonyine windwara zose ziri mumaboko yumurwayi
wenyine. IMPAMVU Z'INDWARA ZOSE ZIGOMBA KUBONA MU
MURIRO W'INKOKO. HAMWE N'ITANDUKANYA
RY'UMURIRO HAZASHOBORA KUBONA IMBABAZI ZOSE
Z'UMUNTU. Kurya byuzuye-mbisi ntibikora gusa mu gukumira indwara
zose, ahubwo binakiza rwose indwara zose zimaze kwandura, kuva
zoroheje kugeza zikomeye kandi zikomeye, mugihe urugingo
rwanduye rugifite ibimenyetso bimwe byubuzima.

Muri iki gitabo gito, sinshobora guhangana niyi ngingo
muburebure. Birahagije gutanga urugero rumwe gusa. Indwara
z'umutima n'imitsi ni inzitizi y'abantu muri iki gihe. Mu bihugu
bimwe, impfu ziterwa n'indwara zitandukanye z'umutima zirenze icya
kabiri cy'imfu zose, kandi umubare ukomeza kwiyongera. Imiti yose
iriho irwanya izo ndwara ni ingamba zifatika gusa. Mu kwangiza
umubiri, kurakara cyangwa, kurundi ruhande, kwica imitsi no
gukangura ibikorwa byumutima, babuza ibinyabuzima ibisigisigi
byimbaraga. Menyesha ko abaganga aribo bahitanwa nubwonko
bwumutima. Nyamara mu ndwara zose indwara zifata umutima
nimiyoboro y'amaraso ni byiza cyane kuvurwa. Raw-Veganism izashyira
iherezo kuri ubwo bwicanyi bwose butagira ubwenge.

Niba umurwayi uteganijwe gupfa azize indwara y'umutima mu byumweru bike cyangwa ukwezi agomba guhungira mu mategeko y'ibidukikije hanyuma agahinduka aya ibiryo mbisi uyu munsu, azumva vuba vuba ubuzima bwe hafi ijoro ryose. Kuva ku munsu wa mbere nyine, imiyoboro y'amaraso izatangira gutakaza vuba umwanda, kandi inkuta z'imitsi ye, kimwe n'iz'umutima we na valves zayo, bizabona ubuzima bushya hamwe n'ubuzima bushya bwuzuye ingirabuzimafatizo, buhoro buhoro kugarura ubuhanga bwabo bukiye. Kubera icyo mpamvu, aho gupfa mu byumweru bike, abinjira bashya mu kurya mbisi bazashobora gutegereza bafite ikizere ku buzima buzira umuze bwindi myaka 50 cyangwa irenga. Iyo ikibazo ari kimwe cyo gusimbuza ubuzima burwaye ibyumweru bike nubuzima buzira umuze bwikinyejana, ntitugomba kureka gushidikanya kwinjira mumutima yacu. Ntabwo ari byiza gufata impfu nkizitunguranye kandi zitunguranye. Iyo mbonye inyama zinyama numugati byinjira mumunwa wuwahohotewe utabishaka, ndatekerezwa kwangirika kuzabera vuba kurukuta rwumutima we nimiryoboro yamaraso, kandi burigihe cyose ndamutezeho umutima.

Muri rusange, hari impamvu enye zitera indwara: 1. Kubura mumibare ya selile zitandukanye. 2. Kubura ibikoresho bibisi bikenewe mumikorere ya glande. 3. Kuba hariho imibiri yamahanga na selile parasitike mubinyabuzima. 4. Intege nke mukurwanya selile kwandura bagiteri. Kurya ibiryo byimbuto hamwe nibi bine bitera kuva mugitangira kandi bitanga igisubizo nyacyo kubibazo byindwara.

Ariko, mugihe cyambere cyo kurya-mbisi, abatetse-barya batetse rimwe na rimwe bahura nibibazo bitandukanye, bishobora guha abantu batabitekereje kwibeshya ko ibiribwa karemano binaniza umubiri kandi bikangiza ubuzima. Iyi myumvire itari yo ni gihamba igaragara cyane yo kutareba kure k'umugabo w'iki gihe. Igitekerezo gusa kivuga ko imirire karemano ishobora gukurikirwa nibisubizo bidasanze kandi byangiza nigitekerezo kidasobanutse, kigomba guhagarikwa mubitekerezo byacu burundu.

Hagomba kuvuka uzirikana ko kuva kilo 40-50 cyangwa irenga yumugabo ipima kilo ijana ni iy'umuntu w'ikinyoma, uzahita atangira gushonga kandi, aherekejwe n'ingirabuzimafatizo zayo zirwaye, amavuta, konkreti n'uburozi, bazihutira kuja mu maraso, kugira ngo bishobore kuva mu mubiri binyuze mu myanya itandukanye - intebe, inkari no kubira ibyuya. Iyo witegereje ibintu by'amahanga mu nkari n'amaraso, umugabo utareba kure azatekereza ko byakozwe mu ntungamubiri karemano, mu gihe mu byukuri biva mu mubiri uteye ishozi w'umuntu w'ikinyoma, ugenda usenyuka buhoro buhoro ugasiga ibinyabuzima ubuziraherezo . Niyo mpamvu inzibacyuho yo kurya-mbisi itagomba kugengwa nubusanzwe bwa siyansi yubuvuzi; ahubwo, tugomba kugandukira twizeye amategeko ya kamere kandi dutegereje ibisubizo byanyuma twihanganye no kwihangana.

Muri kiriya gihe hashobora kugaragara ibimenyetso byerekana uburibwe, ububabare bwo munda, kubabara umutwe, gusetsa, intege nke muri rusange, nibindi. Rimwe na rimwe, inkari zishobora guhinduka, ibirenge birashobora kubyimba, ibisebe bishobora kugaragara ku mubiri kandi hashobora kubaho gukama no kwishongora ku bice bimwe na bimwe byuruhu. Ibi byose ni inzira yo kwezwa no gukira, umuntu rero ntagomba na rimwe kugwa mu mutego wo kumva "inzara" kandi, ashidikanya gushidikanya ku bwenge bwa Rurema, yitabaza ibyokurya "bifite intungamubiri", - "poroteyine" byuzuye "kandi "idasimburwa" aside amine kugirango ifashe. Niba umuntu ari umuswa bihagije kubikora, ibi bimenyetso bizashira icyarimwe, ariko byangiza ubuzima. Umugabo wikinyoma azahita asuhuza umutima, kandi, aseka ubupfu bwumugabo nyawe, azatangira kongera gukura nubuzima bushya.

Ibimenyetso nkibi biratandukanye mubibaho no gukomera kuva umuntu kuwundi, ndetse birashobora no kuba bidahari rwose mubihe bimwe. Nkuko bisanzwe, bakwiriye gukomera mubantu bageze mu zabukuru kandi bafite umubiri, bitonda mu rubyiruko kandi ntibaboneka rwose mu bana bavutse, bazatangira gukura muburyo busanzwe. Muri rusange, mu mubiri wumuntu ufite umubyibuho ukabije umugabo wikinyoma yaranyeganyeye kandi ananiza umugabo nyawe bitewe nigitutu cyuburemere bwe buremereye kuburyo hasigaye bike ariko "uruhu namagufwa." Mugihe cyambere cyo kurya-mbisi

uburemere bwumuntu nkuyu buzagabanuka cyane kuburyo abatumva imiterere nyayo yimpinduka bazatangira kumugirira impuhwe.

Ariko iyi ni ishusho igaragara yibibera mubyukuri.

Mu mubiri urya mbisi umugabo nyawe, mubyukuri, yatangiye kubyibuha kuva kumunsi wambere kandi, nyuma yo gukuraho umugabo wikinyoma, azakomeza gukura muburyo busanzwe kugeza ibiro bye bisanzwe bigeze . Mubantu bananutse cyane kwiyongera kwibiro byumugabo nyawe bizarwanya igihombo cyatewe numuntu wikinyoma, kugirango habeho kwiyongera muburemere kuva mugitangira.

Uku gukura kwumugabo nyawe kwihuta cyane mubana bato, pallid kandi bafite intege nke. Ntudukwiye kwitega ko abana barya mbisi bameze nkubusa kandi bafite amaguru nkabakinyi babo batetse barya, kuko guhubuka nikimenyetso cyumugabo wibinyoma. Kurya abana bato bizaba byoroshye, byoroshye kandi byimitsi. Nubujiji bukabije niho ababyeyi boroheje bishimira ubwinshi bwabana babo.

Mugihe nahinduye bwa mbere kurya-mbisi, inzira nini yo kwezwa yatangiye mubinyabuzima byanyije. Ntabwo nigeze mbona ibimenyetso byerekana intege nke, ariko narwaye ububabare bwo munda, intera hagati yintoki zanyije n'amano atangira gukama, hakurikiraho kwipimisha no kwishongora, ibisebe byadutse kumubiri wanyije, no mubice bimwe byamaguru byanyije uruhu yumye kandi ikuramo ibice. Ibirenge byanyije, kugeza icyo gihe byakunze kubyimba ku rugero ruto, mu buryo butunguranye byabyimbye bikabije, kandi kubyimba byatwaye amezi kugira ngo bigabanuke. Noneho nyuma yigihe gito inkari zanyije zahindutse mbi. Muri kiriya gihe cyose nakoraga imyitozo ngira urugendo rururure kuruta uko nigeze mfata mubuzima bwanjye mbere. Nari nsobanutse neza ko, kubera igitutu gihoraho cyimirire karemano hamwe nimyitozo ngororamubiri, imitsi yari yarundanyije mumitsi yamaraso hamwe ningingo mugihe cyimyaka 50 yo kurya-guteka byari bitangiye gushonga bikabura. Kugira ngo ndusheho gushidikanya mu byo nizera, nahise mpagarika kurya burundu maze iminsi itatu ndya ibyokurya by'inyama gusa. Ku munsi wambere nyine umuvuduko winkari zanyije wagabanutse, kumunsi wa kabiri hasigaye gusa ibimenyetso bike, mugihe kumunsi wa gatatu byarazimiye rwose. Igihe nongeye kurya-mbisi, inkari zanyije zongeye kuba umuvurungano, ariko

ntabwo muburemere bwayo bwambere, kandi buhoro buhoro byagaragaye mubyumweru bike. Iminsi itatu yo kurya-guteka bigaragara ko yagabanije umuvuduko wihuse wo kweza ibinyabuzima byanjye. Mubisanzwe, nakoze ikindi kintu cyavumbuwe icyarimwe. Amazi yafashwe nibiryo byumunyu byongereye ibiro byumubiri wanjye kilo eshatu kumunsi umwe.

Kubwamahirwe, nasubiye muburemere bwanjye bwa mbere kumunsi wa kane nyuma yo kongera kurya-mbisi.

Birashoboka ko aribyiza kubashya bashya kugirango barye mbisi kugira umutima kwisubiraho nyuma y'amezi make yo kwifata kubintu bitetse. Mugereraniye sisitemu ebyiri zimirire, ararushaho kwemeza ko inzira yahisemo arinzira nziza, kandi nyuma yibyo ntabwo arota asubiramo ubushakashatsi.

Kubyimba gukomeye kwamaguru byanjye byashize buhoro buhoro mumezi make. Mugihe kimwe, narwaye kandi kuva kera kubyimba byoroheje; aba, nabo baragabanutse mumyaka mike iri imbere amaherezo barazimira burundu. Ibimenyetso bimwe bigaragara, byinshi cyangwa bike, mubantu benshi barya mbisi, banyandikira ibyabo kuva kwisi yose.

Icyingenzi cyari kigikomeza kubura ibirundo byanjye. Hemorroide idakira yari yarampaye ikiruhuko cyangwa ngo nduhuke imyaka igera kuri 15 cyangwa 20. Buri muni, rimwe na rimwe kabiri kumunsi, nasabwaga guhindura imyenda yanjye. Umuriro ntiwigeze ugabanuka; habaho gusohora ibibyimba, umususu n'amaraso. Ndetse na nyuma yo guhinduka nkarya mbisi, nubwo bisanzwe byari byinjijwe mumikorere yingingo zanjye zifungura, imiterere yikirundo cyanjye nticyahindutse. Nyuma yimbaraga zose zumubiri, cyangwa na nyuma yurugendo rworoheje, kurakara byarushijeho gukomera kuburyo rimwe na rimwe natekerezaga ko, kubera impinduka zijyanye na morphologie zabaye, birashoboka ko ibirundo bitifuzaga gutanga umusaruro wo kurya mbisi kandi muri iherezo ngomba gutegekwa kuyoboka kubaga nyuma ya byose. Ariko icyarimwe, sinigeze ntakaza ibyiringiro mububasha bwa kamere. Kandi mubyukuri, amezi make nyuma yimiterere yatangiye kwerekana iterambere ryuzuye. Kurakara buri muni byahindutse kabiri mu cyumweru, hanyuma bihinduka rimwe mu cyumweru, rimwe mu kwezi

hanyuma nyuma na none kugeza rimwe mumezi abiri cyangwa atatu, kugeza amaherezo kuvura byagenze neza kuburyo uyumunsi, ntabwo numva na gato ko narwaye indwara ya hemorroide. Umuti wihuse cyane igihe natangiraga gufata salade yingano zimaze iminsi. Noneho ibi bihe bituzanira imbonankubone nukuri kwingenzi.

Birazwi neza ko ibirundo biterwa no gucika intege kwa elastique yinkuta zurukiramende no gutandukanya imitsi kumpera yo hepfo yinda. Gukiza ibirundo ukoresheje kurya- ni gihamya ko, binyuze mu gusimbuza ingirabuzimafatizo zangirika mu binyabuzima na selile zikora, mugihe cyigihe inkuta z amara nimiyoboro yamaraso zivugururwa buhoro buhoro, zikabona ubuhanga bukomeye nubukomezi. . icy'ingenzi kiracyariho ni uko iyi nzira ibera icyarimwe mu mara, igifu, imitsi, capillaries na nerve, no muri buri rugingo na glande nta kurobanura. Muyandi magambo, ibinyabuzima bidahungabanye kandi birwaye byabatetse barya byagaruwe rwose hamwe nibintu bishya byingirabuzimafatizo, zidasanzwe kandi zifite ubuzima bwiza. Kwiyongera kwimbaraga zimibonano mpuzabitsina no kurya mbisi bizatungura abantu bose, nubwo mubikorwa byimibonano mpuzabitsina bikwiye kuba ihame ryacu rikomeye. Muri siporo abarya mbisi bazashyiraho inyandiko nshya kandi zitigeze zibaho. Aha niho hashobora kuboneka inzozo ndende za alchemiste, elixir yubuzima. Ntabwo ari ingaruka zerekana ingaruka zabonetse mumasaha make hakoreshejwe ibiyobyabwenge, ahubwo ni inzira zifatika zo gukiza indwara binyuze mukubaka ibinyabuzima byose.

Mugihe ingirabuzimafatizo z'urugingo cyangwa glande zidakoreshejwe burundu, imirire karemano ibafasha kugarura ibyingenzi byingenzi byingirabuzimafatizo babyara ingirabuzimafatizo nshya, kandi icyarimwe kugirango bakureho ingirabuzimafatizo zirwaye kandi zidafite akamaro. Ariko nta buryo na busa bwo gusubiza urugingo rwangiritse, nk'iriyinyo ryangirika, uko Niyo mpamvu, mubibazo byubuzima, gutebya ni akaga.

Urya utetse abaho kumurimo wa kimwe cya gatanu kugeza kuri kimwe cya cumi cyingingo na glande nyamara, mugihe cyose ashoboye kwihagararaho, abona ko ari muzima. Ikirushijeho kuba kibi, akaga ko kwamburwa

ndetse ko kimwe cya cumi kimumanikaho buri gihe nkinkota ya Damocles, cyane cyane iyo amaze gusangira bike "byiza".

Iperereza ryakozwe na cytologiste ryerekana ko usibye ingirabuzimafatizo zidashobora kuboneka mu mubiri w'umuntu ingirabuzimafatizo zitandukanye (polykaryocytes), ingirabuzimafatizo zirenze urugero (megakaryocytes), n'ubundi bwoko bw'utugingo ngengabuzima. Utugingo ngengabuzima "dusanze" tuboneka mu ngingo zose na glande, ndetse no mu maraso y'abarya batetse. Abahanga mu bushakashatsi babona ibi hamwe n'abandi benshi baterwa mu ngingo z'abantu bose banywa ibiryo bategekwa kubifata nkibisanze "bisanzwe" cyangwa "bisanzwe".

Ibiribwa bisanzwe ntibiguma mu ngingo zigifu mugihe cyamasaha arenze make, kandi, yaba igogorwa cyangwa atayasize, ava mumubiri kumuyoboro usanzwe, mugihe ibiryo bitetse, cyane cyane ibikomoka kumatungo yinyamanswa, bitinda kumuyoboro wa alimentaire kumasaha atatu cyangwa iminsi ine, rimwe na rimwe ibyumweru. Noneho, ni ibintu bizwi ko ako kanya nyuma yurupfu ingirabuzimafatizo zinyamaswa zitangiye kubora, zikarekura ibintu byinshi byuburozi nkuko zibikora. Kubwibyo rero, nta biribwa by'inyamaswa bidafite uburozi kumeza yabarya batetse. Ntibitangaje rero kuba nyuma yo kuguma mu nda yumuntu iminsi itatu yiminsi ine ku bushyuhu bwa 38 ° C. ibiribwa byinyamanswa bihinduka rwose uburozi. Rimwe na rimwe, iyi nzira iratera imbere ku buryo nyuma yo gusenya inkuta z'amara kandi zimaze kuvangwa n'ibibyimba byinshi, ibibyimba n'amaraso, birashoboka ko bava mu binyabuzima. Ku munsu wa kabiri, umurwayi yinubira ikibazo gito mu gifu. Abaganga barasaba gukoresha umunyu wameza kugirango hirindwe ko habaho guterwa, nkaho bifuza guhindura inda yumuntu mukibindi cyinyama zumunyu. Abantu bashimishwa no kwizera ko ikintu cyose igifu cyemera byoroshye kidashobora kwangiza; mugihe umuceri usukuye, umutsima wera cyangwa isukari, aribyo byangiza cyane mubiribwa byose, ntibitera guhita byigifu. Ndetse bamwe bibaza icyo imirire ihuza ishobora kugira n'amaso, uruhu cyangwa imitsi, nkaho igice icyo aricyo cyose cyumubiri gishobora gukora imirimo yacyo nta bikoresho bibisi. Noneho, ni ibihe bintu umuntu ashobora kubona muri

umutsima wera, isukari cyangwa amavuta asobanutse ashobora guha urumuri amaso cyangwa gutunganya ibikorwa byiza byimitsi? Abantu bateza imbere ubwoko bwose bwibitekerezo kugirango basobanure ibitera indwara zifata imitsi, ariko ntibitaye cyane kubantu byingenzi - imiterere yibikoresho fatizo bihabwa imitsi.

Kurwanya Umuntu Kurwara Indwara Zintege nke Kuva mu gisekuru kugera mu kindi

Ibivugwa ko ibyago byindwara zandura bihoraho kuri kugabanuka ni ibinyoma. Kubera kurya-guteka, selile zabantu zagiye zitakaza imbaraga zo kurwanya mikorobe kandi ikirushijeho kuba kibi, zikomeza gutakaza izo mbaraga uko ibisekuruza byagenda bisimburana.

Ni muri urwo rwego, ndashaka gusubiramo imirongo mike yo muri "Pathologique Anatomy na Pathogenezezi y'indwara z'abantu" yanditswe n'umuhanga mu bya siyansi w'Abasoviyeti IV Davydovsky, yasohowe mu 1956. Ku bwe: "Hariho indwara zitari nke cyane cyane kuri homo-sapien (anthroponose) zitagaragara mu nyamaswa, harimo n'inguge zateye imbere. Abahanga mu bya siyansi ntibashobora gutsinda ingero z'ubushakashatsi z'izo ndwara muri bo. cyangwa bitabaye ibyo bashoboye kubona ibintu bisa cyane na bake muri bo (tifoyide, kolera, malariya, meningococcal meningitis, ibicurane, iseru, jaundice, diphtheria, umuriro utukura, umusonga, rubagimpande, sepsis, gonorrhea, furunculose, appendicite, nibindi. kuri).

"Zunose na ornithonose (indwara zinyamaswa n'inkoko) ko bibaho ku bagabo, nka hydrophobie, encephalitis, brucellose (Malta fever), psittacose, ibicurane, icyorezo, tularemia, anthrax, trichinose n'abandi, bafite, nk'ibimenyetso byihariye byihariye ku muntu, mu gihe mu nyamaswa rimwe na rimwe usanga rimwe na rimwe babikora. erekana gusa imyororokere ya kure cyane y'ibyo bimenyetso. "

Bigaragara rero ko atari inyamaswa zose, harimo abakurambere b'abantu, inguge, ntizandura indwara zanduye zabantu, ariko ntanubwo zitabira kugerageza nkana abahanga mu bushakashatsi babigambiriye kubanduza izo ndwara hagamijwe ubushakashatsi. Ibinyuranye,

hariho bagiteri zihariye inyamaswa ninyoni, ariko ntizifite ingaruka mubisanzwe, nubwo ziba mumubiri igihe cyose. Iyo yanduye umuntu, ariko, izo bagiteri nyine ziramwanduza muburyo buteye ubwoba kandi buteye ubwoba. Tugomba kongera kuri ibi ko inyamaswa zidakingshiye indwara zose zidakira.

Niyihe mpamvu yo gutandukanya itandukaniro? Niki gitandukanya umuntu ninyamaswa hano niba atari ingeso ye yo kwikenura akurikije amategeko ya "civilisation" hanyuma akicara kumeza yidagadura amaguru? Iyumvire nawe ubwawe uko byamara mugihe umwe muriyi minsi myiza inka yamujyanye mumutwe kugirango ihinduke "umuco" nkumuntu, kurya ibiryo bye nyuma yo kubiteka mu nkono hanyuma, ukarwara, ukagira ngo impamvu ntizamenyekanye. Noneho niba umuntu yamusabye ko yagerageza kwigaburira ibyatsi bibisi, agomba kwerekana ubwoba ko umubiri we umenyereye ibiryo bitetse, ibyatsi bibisi bishobora kumugirira nabi. Iyumvire nawe ubwawe, uko inka yaba imeze uyumunsi iyaba yariye ibyatsi bitetse mummya ibihumbi, atatekereje kumwanya muto ko ibyo yakoraga byari ibikorwa bidasanzwe. Nyamara iyi niyo myanya aho abasenga inyama nini basenga muri iki gihe bishyize.

Kurwanya indwara zandura biva rwose imyumvire itari yo. Kugabanuka kw'imfu ziterwa n'indwara zandura ntabwo byagezweho mu gushimangira imbaraga z'umubiri, ahubwo hagamijwe kugabanya imiterere yo hanze ikwirakwiza indwara. Nyuma yigihe, imbaraga zabantu zo guhangana nazo zaragabanutse kuburyo turamutse dukuyeho ibyiza bitangwa n'amazu meza agezweho, uburyo bwo gutanga amazi hagati, isuku yo mumijyi, guha akato abarwayi nibindi, hanyuma tugasubira mubihe byariho mummya 200 ishize, abantu yazarimburwa binyuze mu ndwara zitandukanye z'ibyorezo mu myaka mike.

Ibyo aribyo byose, no muri iki gihe kwandura-auto, nk'abatanga kubyara imiterere ya catarrhal, itezimbere byihuse kandi ube ibyago byanze bikunze kubantu bose batetse-barya. Kwifashisha intege nke za selile yumuntu wikinyoma, mikorobe itagira ingaruka iba

byangiza rwose. Davydovsky yaranditse ati: "Dukurikije amakuru yo muri iki gihe yerekeranye n'imihindagurikire ya bagiteri tugomba kubona ko amabwiriza avuga ko bagiteri zitera indwara zishobora guterwa na bagiteri bita pogogeneque idahuje n'ukuri. Rero, bacili ya tifoyide, paratyphoide na dysentery irashobora guturuka. kuva mu mara yo mu nda; bacili nyayo ya diphtheria irashobora gukura ikomoka kuri bacili y'ibinyoma. Iyi metamorphose irashobora kuba mu bwoko bwose bwa cocci, muri anaerobes, muri bacili y'ibyorezo n'igituntu ndetse no mu zindi mikorobe. Kwandura mu modoka ni ukuri cyane cyane ku kiguzi cy'abatuye umubiri usanzwe, uruhu ndetse n'ibibyimba. "

Mu ndwara nyinshi zandura ibimenyetso byanduye ntibihari. Muri rusange, indwara zose zandura zigaragara bwa mbere mu binyabuzima byoroshye bya bamwe bafite intege nke hanyuma bikanduzwa ku bandi bantu. Mubyukuri, ibinyabuzima byose nkibi ni uruganda ruteye akaga rwo gukwirakwiza no gukwirakwiza za bagiteri zitera indwara. Uruganda nkurwo ntirukwiye kuboneka mubarya mbisi. Isi rero abarya mbisi izahora itarangwamo indwara zose zanduza.

Igitekerezo cya Davydovsky ku bijyanye no kwandura indwara gishobora kuvugwa muri make ku buryo bukurikira: "Uturere twinshi tw'umubiri wacu aho inzira zandurira mu modoka ni: umuhogo, toni, umugereka wa vermiform, amara manini, conjunctiva, imiyoboro ya bronchial na indwara zanduza inkari ni: catarrh yizuru, pharyngitis, colitis, dysentery, bronchitis, pneumonia, cystitis, pyelitis, nephritis, conjunctivitis, urukundo rwuruhu rwinshi,

furuncle, karbuncle, otitis, cholecystitis, osteomyelitis, nyuma yo kuvuka endometritis, nibindi. Ukurikije amakuru yatanze na FG Barinski (1949), mubice 50 kwijana gusa mubibazo byose byindwara yumutuku na 15 ku ijana bya diphterie irashobora gushyirwaho. Muyandi magambo, mubwinshi mubibazo byose bya diphterie nta bimenyetso byerekana ko kwandura bituruka hanze. Na none kandi, ibimenyetso byatanze na TE Boldyrev (1949) byagaragaje ko 53 ku ijana by'indwara ya tifoyide idakomoka. Uruhare rwindwara zidasanzwe zigenda zigabanuka buhoro buhoro, biha umwanya wanduye endogene. Nta na kimwe

gushidikanya mu bihe biri imbere, bizamenyekana ko uruhare runini rwose rufite uruhare mu kwanduza amamodoka, cyane cyane ko tutaracyafite ubumenyi bukenewe bwadushoboza gusobanura ishingiro ryimikorere ya physiologique nibihinduka. ibisanzwe bisanzwe bya selile na bagiteri muburyo bwanduye.

"Ku bijyanye na aetiologiya y'indwara zandura tugomba kureka imyumvire yatekerejwe mugihe cya Koch, Ehrlich na Pasteur kumiterere ya 'patogeneque' ya mikorobe mvaruganda yibitangamakuru byo hanze ndetse n'imbere. Mu buryo bwuzuye bw'ijambo ntabwo ari bagiteri ubwazo zitera indwara, ahubwo ni isano ya physiologique ibaho mu binyabuzima byatanze mu gihe runaka kandi ikaba ifitanye isano n'imivurungano muri gahunda zayo zigenga ndetse n'imikorere y'imitsi. Nta mikorobe idasanzwe 'itera indwara' muri kamere; hariho, ariko, nta herezo ry'ibintu bitera kwandura ibintu bisanzwe birwanya, kandi ni ko biri. "

Turashobora gufata umwanzuro umwe gusa muribi byose. Impamvu nyayo itera indwara zandura ntabwo ari mikorobe, ahubwo ni imiterere mibi yimikorere isanzwe yibinyabuzima. Microbes yamyeho, iracyahari kandi izahoraho iteka. Ubukangurambaga bwo kubatsemba no kubatsemba nubusazi bukabije. Bitewe no guhuma amaso ku mpamvu nyazo zitera indwara, imbaraga z'umubiri z'umuntu zo kurwanya zagiye zigabanuka buhoro buhoro ku buryo abantu batagitegereje ko indwara ziva hanze, ahubwo bagwa muri bagiteri zuzuye mu mibiri yabo. . Kuberako mubinyabuzima byabantu izo bagiteri ubwazo zidashobora kugirira nabi inyamaswa zinyamaswa ziza guhura na selile zidakomeye, zidafite agaciro, zidakora ziva mu nyama, umutsima, amavuta nisukari. Ntibitangaje rero kuba bagwa kuri utwo tugari gusa bakayarya bashishikaye. Umuntu ushyira mu gaciro agomba kweza umubiri we muri buri ngirabuzimafatizo zidafite akamaro, nyuma yaho nta mikorobe izatinyuka kwegera ingirabuzimafatizo, imbaraga kandi zikomeye zizabaho mu mbuto nziza, imbuto n'imbuto. Hano, mubyukuri, ni "ishingiro ryimikorere y

symbiose ya selile na bagiteri muburyo bwanduye, "ibisobanuro Davydovsky adashobora gutanga.

Uruhare rwa antibiotique nkibikoresho byo kuvura ni iby'igihe gito kandi birashukana. Abantu bagenda batenguha buhoro buhoro. Gutesha agaciro ingaruka zibikorwa bya bagiteri mugihe gito, bigabanya ingirabuzimafatizo kandi bigasobanura inzira yandura zikomeye nyuma.

Mfite uburambe bwimbitse bwa antibiotique. Bitewe no kubura intungamubiri karemano abana banjye bahoraga barwaye umuriro udasanzwe, udahwema guterwa no kwandura imodoka no gusinda-auto, ubushuhe bwabo ubusanzwe buhindagurika hagati ya 37.8 ° C. na 38 ° C. Najyanye umuhungu wanjye i Paris ndamwitaho kwita "inzobere" zizwi cyane. Kubwamahirwe, binyuze mubushakashatsi butarobanuye hamwe na antibiotike bazamuye ubushyuhe bwabo kuri 40- 41 ° C. no kwangiza umutima we nimpiko, amaherezo baramwishe, batabashije gusuzuma uburwayi bwe.

Mubyukuri ikintu kimwe cyabaye kumukobwa wanjye, ariko biracyaza urugomo rukabije, nyuma yimyaka ibiri. Namushyize mu bitaro by'abana ba Anscharhohe (Kinderkrankenhaus Anscharhohe) i Hamburg, aho Dr. Wolfgang Tiling yakoreye ubushakashatsi bukabije bw'umuntu ku mwana wanjye w'umukene. Buri muni yakuramo amaraso menshi cyane, yipimishije muri laboratoire cyangwa agaterwa mu mbeba n'imbeba nyinshi zikennye, yitwaza ko mu kugwiza bagiteri yifuzaga kumenya ibinyabuzima nyirizina byateje iyi ndwara, ariko bikaba ntabwo yashoboye kumenya mubizamini bye bidasanzwe byamavuriro. Uko ubushyuhe bwumwana wanjye bwazamutse, niko urugero rwa antibiyotike yatanze kandi ninshi zitandukanye. Hamwe na dosiye yiyongereye ya antibiotike ubushyuhe bwazamutse cyane, kugeza igihe buhindagurika buri hagati ya 39 ° C. na 41 ° C. n'ibimenyetso bya nephritis byagaragaye cyane. Ukoresha "siyanse" bivuze ko yihutishije iterambere ry'indwara, agabanya igihe cyayo "gisanzwe" cyimye ine kugeza mugihe cyukwezi kumwe gusa. Yabonaga umwana ari ikiragi kandi adutera ubwoba mu myizerere y'ibinyoma

ko aramutse adahawe cortisone cyangwa ngo akorwe na biopsy y'imbere, atazabaho igihe kirenze icyumweru.

Muri iyo minsi niho nahuye n'umudage wa Bircher-Benner igitabo cyitwa "Indwara Zimirire" ("Ernährungskrankheiten", Erster Teil, 1933). Nahise nkura umukobwa wanjye muri ibyo bitaro ndamushinga kwita ku mirire karemano. Hamwe n'umuhengeri utunguranye wubumaji ubushyuhe bwumwana wanjye bwamanutse mukarere ka 37 ° -37.5 ° C. ubwinshi bw'inkari ze bwiyongereye kuva kuri 200m1 bugera kuri litiro ebyiri kumunsi. Mu cyumweru kimwe, yarahagurutse maze anyura hejuru y'icyumba kugira ngo akingire uwo muganga utagira umutima, wakubiswe ibiragi no gutitira kandi atinya agasuzuguro ku buryo bitwaje urwitwazo cyangwa urundi yanze kumpa kopi z'ibitaro inyandiko n'ibizamini byo kwa muganga.

Iyo nkomeza kugaburira umwana ibiryo byokurya mbisi gusa, uyu muni yari muzima. Ariko icyo gihe nabonaga ibiryo bibisi nkuburyo bwo kuvura kandi nari ngifite kwizera vitamine artificiel. Kugira ngo menye neza gahunda y'imirire y'ivuriro ryigenga rya Dr. Bircher Benner, najyanye umwana i Hamburg njya i Zurich, ndamugumisha muri iyo sanatori iminsi 23. Aha ndashobora kuvuga, mubyukuri, nyuma yuko Dr. Bircher Benner apfuye, gahunda yimirire ye yahinduwe cyane no kwinjiza ibiryo bitetse, ibikomoka ku mata, vitamine nibindi biyobyabwenge.

Ibyo aribyo byose, nshishikajwe no kumera neza kumiterere ye, natekereje ko bishoboka kugarura ubuzima bwe igice cyintungamubiri mbisi naho igice cyibiryo bitetse na vitamine zikora. Ibyo ari byo byose, twashoboye kumwongerera imyaka ine gusa.

Nanjye ubwanjye ni urugero ruhebuje rw'umuntu, gutsinda indwara zanduzza. Nari maze imyaka irenga 20 ndwaye indwara ya bronhite idakira ku buryo inshuro nyinshi mu mwaka, buri gihe najyaga njya ku buriri bwanjye hamwe n'ibitero bikaze bikonje. Kurya nabi, byahinduye ibi byose kandi nubwo mumyaka icumi ishize naryamye muni yikirere cyuguruye umwaka wose, rimwe na rimwe mugihe cy'ubukonje bukonje bwa dogere 15 cyangwa 16, hamwe na mikorobe zikiri mumwanya wazo,

ntabwo nigeze nkorora cyangwa numvise ibimenyetso bike byerekana ubukonje. Nkeneye kongeraho muburyo gusinzira mu kirere mu gihe cy'itumba bidasaba ubutwari bwihariye. Igikenewe ni ugupfuka umubiri neza no kugumisha mu maso umwuka mwiza. Byongeye kandi, ni ngombwa kureka ibiryo bitetse kugirango ukureho impamvu zitera kurara udasinziye no kuzunguruka mu buriri ubudasiba.

Kanseri nigisubizo cyo kwangirika gukabije kwingirabuzimafatizo

Nkuko bimeze ku zindi ndwara zose, ibitera kanseri, nabyo byoroshye gusobanurwa ukurikije amategako ya kamere.

Cytologiste yakoze ubushakashatsi butagereranywa kugirango hamenyekane itandukaniro riri hagati yimiterere yuturemangingo dusanzwe n'uturemangingo twa kanseri. Muri rusange, basanze kanseri ya kanseri ari selile yubwoko busanzwe butagira imiterere nubushobozi bukenewe bwo gukora umurimo wingenzi icyaricyo cyose. Intego yabo yonyine nukurya proteyine (ibikoresho byo kubaka) no kugwira.

Nkuko tubizi, selile zumuntu wibinyoma zifite neza kimwe imico. Hariho urwego rumwe gusa rwo gutandukanya kwangirika kwatewe ningirabuzimafatizo zumugabo wibinyoma na selile ya kanseri. Kubijyanye nahantu mubihe bimwe, umugabo nyawe aratsinda kugumisha selile yumuntu wikinyoma. Yabakwirakwije mu bwisanzure bw'ibinyabuzima bye, yuzuza imyenge irimo ubusa, abijugunya munsu y'uruhu rwe, abivanga n'uturemangingo dusanzwe bityo, mu gihe byibuze, agumana ingingo na sisitemu byunvikana umubiri we udafite akaga k'igitutu cyabo.

Umuntu wese arashobora kubona n'amaso imbaga nini yumuntu wikinyoma, rimwe na rimwe akagera kubiro 60-70. Niba kilo nkeya yiyo misa yashyizwe muri glande cyangwa urugingo urwo arirwo rwose, ibikorwa bya glande cyangwa urugingo byatanzwe byanze bikunze byamugaye bitewe nigitutu cyavuyemo. Ni muri ubwo buryo kanseri ishyira ubuzima bw'umugabo.

Ingirabuzimafatizo z'umuntu w'ikinyoma, kimwe n'iza kanseri, zitwa kubaho hakoreshejwe ibiryo byateguwe mugikoni kuri

intego yibanze yo gukora nkabakoresha cyane ibiryo nkibi. Imbaraga zo kwirwanaho zumugabo nyawe ingirabuzimafatizo zumugabo wibinyoma ntizishobora gutahura rwose ubwinshi bwibintu bidasanzwe byinjira mumubiri binyuze mumurongo wibiyobyabwenge, bityo rero igice kinini cyibyo bintu kikaba kibuze intego. mugutwikwa no guhinduka ubushyuhe burenze. Kugirango urye mu bwisanzure izo mbaga zirenze urugero, ingirabuzimafatizo z'umuntu w'ikinyoma ziharanira kubona ubwigenge, gutura ahantu hose bifuza no kwikuramo byuzuye. Iyo umwe cyangwa benshi muribo batsinze imbaraga zabo, batangira kurya ku muvuduko udasanze ibiribwa babihabwa na shebuja wabo wuzuye umururumba. Rero, duhereye kuri selile imwe cyangwa ebyiri zidafite akamaro, haza kubaho igisimba gikomeza abantu bose mumaboko yiterabwoba ryica. Muri ntanimwe mubikorwa byinshi byindwara duhura nabyo bisa nkaho muri miliyari ya selile imwe gusa cyangwa ebyiri zandura indwara.

Umugabo ureba neza ufite ibyuya byo kwigarurira ibitekerezo bye hamwe nibibazo byibanze ntibishobora kwibaza kubibazo byubupfu abahanga mubushakashatsi batakaza umwanya, amafaranga n'imbaraga. Mu rwego rwo gusobanura ko kanseri ibaho bashyize ku rutonde imiti igera kuri 400 itandukanye ya kanseri, iyo usibye ibintu by'imirire, ntaho ihuriye cyane n'impamvu nyamukuru zitera kanseri. Umuntu ku giti cye agomba kwibaza iki kibazo: "Yemerewe ko uburozi bwose, imirasire, uburakari budashira, ibikomere, gutwika, virusi, nikotine, igituba hamwe nabandi bantu benshi bashobora, nkibintu byangiza, bishobora kwambura ingirabuzimafatizo zabo. imiterere nubushobozi bwabo kumurimo, cyangwa kwangiza, gucogora, kumenagura no kubica, ariko nuburyo bushoboka bwose bashobora gutera muri selile imwe cyangwa ebyiri imbaraga nini zo kugwiza nkibishobora, mumwanya muto cyane wa igihe, guseniyuka hanyuma ugasenya burundu inyubako nziza zose z'umubiri

Izo mbaraga ziteye ubwoba zitetse cyane, zokejwe, zirategurwa kandi zishyikirizwa igikoko na nyir'ibinyabuzima ubwe kubwe

kurimbuka kwanyuma. Kanseri nikimenyetso kizima cyerekana kwangirika gukabije kwingirabuzimafatizo hamwe ningaruka byanze bikunze byimirire idasanzwe.

Mu iperereza ryabo, abahanga mu bya siyansi bahura n'ibibazo nyabyo bitera kanseri. Bafite ibimenyetso simusiga mu ntoki, barabireba igihe gito ndetse barabyemeza, ariko igihe cyose ikibazo cyo guhindura sisitemu yimirire yiganje kije kubitekerezaho, bafunga amaso ubwoba, nkaho bakubiswe ninkuba, kandi badatinze akanya bafata agatsinsino, kuko NTIBIFUZA kubona ikintu kidasanzwe mumirire yabo. By'umwihariko, NTIMWIFUZE kunegura umutsima barya kandi mu myaka yashize babonaga ko ari uwera, utabanje gutekereza ku kanya ko mugihe ugeze kumeza wanduye kandi kenshi ukoresheje gusya , gushungura, guteka no guteka.

Cytologiste babona neza ko kanseri ibaho hakoreshejwe ingirabuzimafatizo zidafite imiterere yihariye nubushobozi bwo gukora, nyamara uko babibona ingirabuzimafatizo zose zitwa umuntu muzima (nubwo ari umusaruro wimirire idasanzwe) cyane cyane byuzuye-byuzuye kandi bitunganijwe neza nyuma bikamburwa ibiranga bisanzwe binyuze mubitekerezo bya kanseri zimwe na zimwe. Mu yandi magambo, kuba nta buryo bukwiye bw'uruganda rufite inenge mu musaruro wabyo bifitanye isano na buri kintu gisanzwe, ariko ntaho bihuriye na gato n'ibikoreho by'ubwubatsi bihabwa urwo ruganda, cyangwa na kamere n'ubuziranenge bw'ibanze ibikoreho bikenewe mu musaruro. NTIBIFUZA KUBONA ko ingingo z'abarya bose batetse zuzuye burundu hamwe na milliard ya selile yatakaje imiterere n'imikorere yabyo. Ubu ndasubiramo imirongo mike yo muri "CANCER CELLS" ya Cowdry aho umusomyi azabona neza uburyo busobanutse kandi bugaragaye kanseri ni.

Cowdry yaranditse (p.

birashoboka. Imiterere ntishobora kubungabungwa mugihe habuze imikorere nkuko ibikorwa bishobora gukomeza mugihe hatabayeho imiterere ihuye.

"Cowdry yibagiwe kongeramo ukuri kugaragara aho ibanga rya kanseri ryaba ryakemuwe burundu.

Mubisanzwe, kugirango ubungabunge imiterere nibikorwa byibanze nibikoresho byingenzi bisabwa, kandi mugihe ibyo bikoresho bya RAW bihinduwe mubintu bitetse, nta miterere izakomeza, cyangwa imikorere.

Kugirango imikurire isanzwe ya selile Cowdry asubiramo Rusch mu buryo bukurikira: "Ingirabuzimafatizo zisanze zirimo uburyo bwinshi bushoboka amaherezo bugena itandukaniro. Ubu buryo bukorwa neza mugihe abayigize bageze ku ntera runaka" (urup. 15). Mugihe cyo guhindura kanseri "Carcinogens itera impinduka muri kimwe cyangwa byinshi mumikorere idasanzwe y'akagari. Impinduka zavuyemo ni izungura." Ariko, "Ingirabuzimafatizo zahuye n'izo mpinduka zirashobora gukeneye gutakaza ibindi bintu byifashishwa mbere yo kuba neoplasme yigenga" (urup. 17).

Kanseri ntabwo ikomoka mu ngirabuzimafatizo zateye imbere kandi zihariye. "Amagi n'intanga ni selile zitandukanye cyane zidahinduka mbi kandi zitera kanseri zigizwe n'intanga ngabo cyangwa amagi zigwira nta mbogamizi zisanze zatewe no gutera uturere tugize ingirabuzimafatizo zisanze, zifite imyitwarire myiza" (urup. 333).

Ibikorwa nyamukuru by'uturemangingo twa kanseri ni uguhiga ibintu bya azote, kurya poroteyine z'inyamaswa, kunyaga aside amine, guhuza poroteyine zidasanzwe no gukora ubundi buryo butandukanye busa na kamere. Kanseri yarebwa "nko gukora nka 'umutego wa azote' ukuraho aside amine muri pisine y'umubiri utemereye ko igaruka kuri yo" (urup. 39). Hasi aha haravugwa (ibidukikije.): "Metabolism ya azote ya selile mbi isa nkaho ikorwa mu gufata ingirabuzimafatizo zitwaye neza, gukorera umubiri neza, ibikoresho bakeneye cyane." Enigma yari gukemurwa byoroshye iyo ijamba "rikenewe cyane" ryasimbuwe nijamba "GUKORESHA CYANE KANDI BYIZA". Christensen na Henderson (1952) bafataga uburemere muri aside amine

kwirundanyiriza hamwe na kanseri ya kanseri "ikintu gikomeye mu mikurire no kugwiza ingirabuzimafatizo ya neoplastique mu nyamaswa zangiza" (ibidukikije.). Ku bwabo, inyamaswa yapfushije ubusa bitewe no kubura ibiribwa bisanzwe, ahubwo byatewe no kubura aside amine.

Ingirabuzimafatizo za kanseri zikomeza guhuza poroteyine. Cowdry yanditse (urup. 152). ibikoresho mu ngingo zisanzwe zidahwitse bingana no guseniyuka bingana. " Ahandi hantu asubiramo Caspersson (1950): "Hagati ya selile mbi yibibyimba na selile isanzwe ikura bigaragara ko hariho itandukaniro ryibanze mubijyanye niterambere rya sisitemu yo gukora poroteyine. Muri selile mbi yibibyimba uburyo bwo guhagarika endocellular, ubusanzwe igabanya ibikorwa bya sisitemu ikora poroteyine, yahagaritse byinshi cyangwa bike kuri, gukora, biganisha ku guhinduka kwihariye ku ishusho ya cytochemiki "(urup. 10-102). Hoba hakenewe gushimangira ko poroteyine zivugwa atari poroteyine zabonetse mu nzabibu cyangwa pome, ahubwo ni izititse cyangwa zatetse mu gikoni zikangwa na selile zisanzwe?

Iperereza ryakozwe na siyansi ryerekanye ko ingano ya ibinure mu ngirabuzimafatizo za kanseri biri hejuru y'ibisanzwe, mu gihe ibya vitamine n'imyunyu ngugu, biri munsi y'ibisanzwe.

Cowdry yemera ko "Ingirabuzimafatizo, mbi kandi zindi, usanga ari abantu bato cyane bitoroshye. Birashoboka ko buriwese ashobora kuba afite ibinyabuzima bigera ku 10,000 bitandukanye, uhereye kuri ion organique kugeza kuri poroteyine zikomeye na nucleoproteine, zikorana mu buryo butaziguye cyangwa butaziguye. ...uburinganire bwibikorwa muri selile nzima, ubwo ni bwo buryo bugaragara bwerekana ubuzima bwakagari, bigomba kuba umurimo mugihe icyo aricyo cyose cyimikoranire igoye cyane hagati yibi bikoresho. Kugaragaza imiterere ya selile iyo ari yo yose, imwe Byakenera gusobanura mumagambo ya kinetic isano myinshi irimo.Kuberako bidashoboka kumenya umubare urenze

impinduka nke icyarimwe, turashobora kubona ariko kureba kure cyane kubintu byose bigoye. Imibare ijyanye na sisitemu 4 cyangwa 5 igizwe na sisitemu zigaragaza ingorane zikomeye, tutibagiwe n'ibijyanye n'ibihumbi bihinduka "(urup. Imiterere y'utugingo ngengabuzima. Nyamara, nubwo ubumenyi bwabo ari buke, birengagiza kamere yubatse utugingo ngengabuzima kandi bashishikariza abantu kwizera ko bakoresheje imibare yabo bwite bashobora kumenya neza ibisabwa byuzuye kandi byuzuye muri ibyo selile kubijyanye na poroteyine, ibinure, karubone, vitamine, imyunyu ngugu, n'ibindi.

Ndetse bageze n'aho babanza gusuzugura ubwenge bwa injeniyeri mukuru mu kutemera ibyo yategetse, hanyuma bagahimba ibintu bitandukanye mu nganda zabo bakabiduha. Reka umusomyi yifatire umwanzuro niba ibikorwa byabo bisekeje cyangwa birababaje.

Ibimenyetso bifatika byakusanyirijwe hamwe n'abahanga mu bushakashatsi kugira ngo berekane ko ubukana cyangwa kugabanya imirire birinda, cyangwa byibura kugabanya indwara ya kanseri. Mu Ntambara ya Mbere y'Isi Yose mu gihe cyo kugaburira ibiryo bikabije icyo gihe cyakurikizwaga muri Danimarike, Uburusiya, Ubudage na Otrishiya impfu za kanseri zabaye nkeya ugereranije na nyuma yo gukuraho burundu intambara irangiye. Ku gitekerezo cya Hindhede (1925) kugaburira cyane byagize uruhare mu kwi Yongera kw'impfu.

Cowdry atanga ingero zivuye mu bushakashatsi bwakozwe ku nyamaswa: "Inguzanyo ihabwa Moreschi (1909) na McCay (1947) kubera ko yaguye imirimo y'abashakashatsi ba mbere b'Abongereza bakunze kwerekana ko guhagarika imirire birinda, cyangwa bidindiza imikurire y'ibibyimba ku nyamaswa. Sarcomas yatewe na Moreschi mu mbeba yafashe mu buryo bugereranije n'ibiryo byatanzwe. Imbeba ku mafunguro yabujijwe zabayeho igihe kirekire kandi guhinduranya ibibyimba muri byo byari bigoye kuruta imbeba zagaburiwe byuzuye.

"McCay na bagenzi be bakoze ubushakashatsi budasanzwe kuri imbeba zidindiza kugabanya ingufu zimirire kuburyo buhagije bwo kubungabunga, ariko ntibihagije kugirango bikure. Itsinda rimwe rero ryakozwe

muto muminsi irenga 700 nindi irenze iminsi 900 utemerewe gukura ngo ukure, utitaye ko uburebure burebure bwubuzima bwubwoko bwimbeba mubihe bisanzwe ni iminsi 600. Iyo uhaye karori ihagije imbeba zidindiza zikuze kandi zishobora kubaho iminsi 1.400 cyangwa irenga - zikubye inshuro ebyiri ubuzima bwabo busanzwe "(urup. 394-395). Na none kandi, nk'uko McCay, Sperling na Barnes (1943) babivuga yari ntangere mu mbeba zadindije gukura kugeza zimaze kwemererwa gukura "(urup. 396) .Ni izihe ngaruka nziza zitari kuboneka iyo izo mbeba zagaburirwa ku ndyo yabujijwe y'ibiribwa bibisi gusa.

Ubushakashatsi bwakozwe bwerekanye ko abantu 150 b'ibibyimba byatewe mu mbeba 198 zagaburiwe n'imirire "isanzwe", nko kurwanya ibibyimba 38 gusa mu mbeba 200 zidindije - inyamaswa zambuwe igice cyiswe indyo isanzwe. Kugeza igihe umuntu agomba gutsimbarara ku bijyanye n'ibisanzwe a indyo ikwirakwiza ubwicanyi nkubu kandi igabanya igihe cyo kubaho inshuro nyinshi?

Hashyizweho ingufu mu bihe bitandukanye kugirango hamenyekane isano iri hagati yuburemere bwumubiri nimpfu za kanseri hifashishijwe imibare yubwishingizi bwubuzima. Mu 1913, komite ihuriweho n'ishyirahamwe ry'abashinzwe ubuvuzi bw'ubwishingizi bw'ubuzima hamwe na Sosiyete Actuarial yo muri Amerika yakemuye politiki 774.672 yaguzwe n'abagabo bafite imyaka 20-62. Nyuma byaje kugaragara ko ku bagabo bafata ubwishingizi ku myaka 30-44 y'imyaka abapfa batewe na kanseri bari hejuru y'ibiro 37, ku bafite ibiro 32 naho abatarengeje imyaka 24, babarirwa ku 100.000. Kubitsinda rikuru ryimyaka 45 nayirenga ,.

ibipimo bihuye byari 156, 144 na 120. Dukurikije inyandiko z'isosiyete y'Ubwishingizi bw'Ubuzima Nkuru, yasesenguwe mu 1932, ibikurikira ni umubare w'impfu za kanseri, guhera kuri 25 ku ijana cyangwa zirenga cyane, kugeza kuri 50 ku ijana: 143, 138, 121, 111, 114 na 95, ishusho ya 111 ivuga uburemere "busanzwe". Vuba aha, nk'uko bitangazwa na Statistical Bulletin ya Sosiyete y'Ubwishingizi bw'Ubuzima bwa Metropolitan (1951), impfu z'abagabo bafite ibiro byinshi biturutse ku ndwara z'umutima-imitsi-impfiko

yari kimwe cya kabiri cyongeye nkibisanzwe kandi ko kuva diyabete yikubye inshuro enye igipimo. Izi nimpano umuntu wikinyoma aha ikiremhamuntu.

Hagati ya 1900 na 1950 kwiyongera kw'imfu z'indwara z'umutima n'imitsi na kanseri muri Leta zunze ubumwe za Amerika byari ibi bikurikira. Mu myaka 50, impfu za kanseri ziyongereye ziva kuri 64 zigera kuri 139,6 ku baturage 100.000, mu gihe ku ndwara z'umutima n'imitsi zariyongereye ziva kuri 244 zigera kuri 478.1. Muri rusange, mu 1950 ku bantu 803.9 bapfuye ku bantu 100.000 bazize impamvu icumi zikomeye, indwara z'umutima ndetse na kanseri bangana na 617.7. Ikigaragara cyane ni imibare ihuruka kuboneka, ivuga ku mwaka wa 1964. Umubare w'abahitanwa na kanseri umaze kugera kuri 151.3, mu gihe ku ndwara z'umutima n'imitsi wazamutse ugera kuri 508.6, utanga imibare ihuriweho na 659.9 kuri 939.7 kuri bese. impamvu. Nibisubizo bitangaje by "iterambere" ryubuvuzi; ibisubizo bitangaje byubwinshi bwabaganga, ibitaro nibiyobyabwenge; ibicuruzwa byanze bikunze bya "gutunganya no kwezwa" byibiribwa. Umuntu arashobora kwiyumvisha neza uko ibintu byifashe niba "iterambere" ryubu rikomeje indi myaka 50.

Dukurikije imibare yemewe ya Leta zunze ubumwe z'Amerika mu 1964, 1,4 ku ijana gusa by'imfu zose zapfuye ni zo "ibimenyetso, ubukuru ndetse n'imiterere idasobanutse". Muri iki cyiciro ubunyangamugayo ni ugukekeranya gusa, birumvikana, kuko mubarya ibiryo bitetse ntamuntu ugera mubusaza. Mugihe mubihe byukuri byimico! kubuza impanuka namakosa, abantu bese bapfa basaza.

Mu nyamaswa zo mu gasozi ahantu nyaburanga habaho kanseri ntizwi. Nyuma yo gutera inkende zafashwe mpiri ibiryo byangiritse mugihe kirekire, ariko, byashobokaga kubona ikibyimba kimwe cyangwa bibiri bisa na kanseri. Cowdry agira ati: "Itsinda rimwe rukumbi ry'ibinyabuzima ryerekana ibimenyetso byerekana ko rimwe na rimwe kanseri ibaho bidahari rwose mu nyanja y'inyanja". 196). Ni ukubera ko amaboko yangiza abantu atigeze

yabageraho. Ubudahangarwa bwabo buragaragara cyane urebye ko isi yabo ari nini cyane kuruta iyacu, haba mu karere ndetse no mubaturage.

Nkuko twabivuze, mubushakashatsi bwabo, abahanga bahura imbonankubone nimpamvu nyamukuru zitera kanseri, barabareba bakabemeza, nyamara bakanyura hafi yabo batabyitayeho rwose, nkaho gushaka kwabo arikindi. "Igitekerezo cy'uko bimwe mu bigize imirire byinjijwe ku bwinshi, cyangwa iyo badahari bishobora gutera kanseri ku muntu, bigenda byiyongera ku yandi masoko.

Guhindura ubushakashatsi mubiryo byinyamanswa birashobora gukora byose itandukaniro mugukurikira cyangwa kutabaho kwa kanseri "(urup. 220).

Ndetse babona neza ingaruka zibyo kurya bisanzwe.

Cowdry irasobanutse neza kuriyi ngingo: "Amaherezo, ukuri gutangiye kugaragara ko hari ubushake buke bwo gukura kw'ibibyimba ku nyamaswa zimwe na zimwe iyo zigaburiwe ibiryo karemano kuruta iyo zigaburiwe ibiryo bisukuye cyane. Silverstone, Solomon na Tannenbaum (1952) yabonye ko hepatoma nkeya yateye imbere mu mbeba za DBA z'abagabo ku ndyo ya Laboratoire ya Purina igizwe ahanini n'ibibwira karemano kuruta iyindi ku ndyo igizwe n'ibice bisukuye, cyane cyane, casein, ibigori, amavuta y'imbuto ya hydrogène, vitamine yubukorikori hamwe na a Uruvange rwumunyu. Byongeye kandi, indyo yuzuye isukuye ihabwa imbeba zabagabo C3H zongereye iterambere rya hepatoma nziza. Itandukaniro ryikura ryikibyimba rifitanye isano n'itandukaniro rigaragara mu gufata kalori, muburemere bwumubiri, cyangwa mukigereranyo cya poroteyine, ibinure, vitamine na imyunyu ngugu mu mirire. Abanditsi bitondeye kwerekana ko umuntu atagomba gutekereza ko ubundi bwoko bw'ibibyimba bwitabira ukundi "(urup. 403-404).

"Engel na Copeland (1952) basanze konsa imbeba za AES na Sprague Dawley zagaburiraga ibiryo karemano (indyo y'ibigega) byateje ibibyimba bike by'innyamabere byatewe na kanseri, 2- acetylaminofluorene, kuruta ibyo kurya indyo yuzuye. Itandukaniro ryari rinini" (urup. 404)).

Nta gushidikanya ko umusomyi yitegereje ubwoko bwibiryo baha imbeba zigeragezwa: ibikoresho bisukuye cyane nka casein, krahisi, amavuta yimbuto, vitamine nubunyu. Uruvange rw'ibi bintu rwiswe "indyo isanzwe" n'abahanga mu bushakashatsi. Bakusanya imbeba zitagira kanseri 100 ku ijana mu murima bakazifungira mu kato, bagafata ibiremwa bikennye nkabana "boroheje", bakabyanduzanya, bakabagaburira "indyo isanzwe" hanyuma ibisekuru bike bikabihindura mubyo bita "ubwoko bwimbe". Ku bwabo, izo "bwoko bw'imbeba" zimeze mu buryo budasanze bw'indwara, aho abagera kuri 80 ku ijana by'imiterere imwe n'imwe bashobora kwibasirwa n'ibibyimba "bidatinze" by "impamvu zitazwi". Abarya bose batetse bari muburyo bumwe bwimenterere ya patologique.

Reka noneho turebe niba abahanga bashoboye gushushanya ikintu cyose cyingirakamaro imyanzuro yavuye mu bimenyetso bitangaje byavuzwe haruguru. Igisubizo birababaje muburyo bubi. Mubyukuri, Cowdry irababara cyane kugirango yange amakuru yingirakamaro, kugirango hatagira numwe mubasomyi be wagira ubupfapfa kuburyo yatekereza kureka ubwoko bumwe cyangwa ubundi bwoko butandukanye bwibwirwa n'ibinyobwa, bikunze gufatwa nkibikwiye. Ibi ni byo agira ati: "Icyitonderwa kirakenewe mugusoma umusaruro wamakuru wa kanseri yabantu ku nyamaswa cyane cyane mubijyanye nimirire. Umuntu, usibye kurwego rwinzara yegereje, ni umuntu urya byose umenyereye kurya ibiryo byinshi bitandukanye yakusanyirijwe mu mpande nyinshi z'isi; mu gihe inyamaswa zahinduwe ku mafunguro amwe kandi yoroshye akomoka mu karere "(urup. 220). Reka umucamanza wumusomyi ubwe mubyo imyumvire itari yo umwan

"Yahawe ibihimbano byerekana ko umuntu ashobora kwandura kanseri muri iyi moko yitaruye, itunganijwe kandi irinzwe, imbeba y'imbeba, none se kanseri ikorwa ite muri yo?" abaza Cowdry (urup. 350), udashoboye kubona igisubizo cyikibazo.

■

ibyumba nimirire yabo ihoraho bidasanzwe. Ntibashobora guhura na kanseri izwi ku mubiri cyangwa iy'imiti cyangwa iy'ibinyabuzima "(urup. 349-350). Cowdry ahuma amaso nkana ko kanseri nyayo yumubiri, imiti n'ibinyabuzima aribwo buryo we ubwe yaremye kuri izo mbeba zikennye. Muri byo harimo kubambura ibidukikije ndetse n'imirire yabo, kubitandukanya no kubifunga mu kato konyine, kubakira, kubitaho no kubirinda, kubabyara mu buryo bwa gihanga, kubabuza guhungabanya ibyumba bikonjesha no kubagaburira hamwe na dosiye, ibigori, amavuta y'imbuta, vitamine yubukorikori hamwe nu munyu.

Ahandi, Cowdry izana imbonerahamwe ebyiri zamakuru yubushakashatsi kugirango yerekane impinduka mu iterambere rya kanseri ahindura muri (a) poroteyine yimirire hamwe na aside amine yingenzi na (b) vitamine B. Aca atanga ibisobanuro bikurikira: "Vitamine na aside amine yingenzi irashobora guhindura umusaruro wa kanseri ... Kugirango usobanure ibi nibindi byagaragaye biragoye. Ntabwo twakagombye gutekereza ko ibiryo byimirire yabuze cyangwa ibikorwa birenze urugero kumubiri urimo. impinduka ya neoplastique ibaho "(urup. 401). Ibi biragaragara ko kwanga amakuru aboneka. Ni kimwe no kuvuga ko imikorere ishimishije cyangwa idashimishije y'uruganda itagomba kuba ifite aho ihuriye no guhuza cyangwa kudahuza ibikoresheho fatizo byahawe.

Cowdry yaranditse ati: "Byaba ari igihe kitarambiranye guhimba ibiryo bimwe na bimwe birinda kanseri kuri ubu bushakashatsi, nk'uko Greenstein (1947) yabiburiye mu buryo bukwiriye", hanyuma yongeraho ati: "Ikintu kimwe, ubuzima bw'umuntu ni burebure cyane kuruta ubw'ibi inyamaswa zigeragezwa zubahiriza indyo yuzuye ya hypothettike ntizashoboka mumyaka myinshi, zingana na hamwe kugeza hafi kimwe cya kane cyikinyejana, cyigihe cyo gutinda kwa kanseri "(urup. 401). Nubwo bimeze bityo ariko, "Gukomeza kugaburira amatungo igihe kirekire bigabanya rwose kwandura ubwoko butandukanye bwibibyimba bidaturutse" (urup. 429).

"Amakuru aboneka ajyanye ahanini no kwandura ibibyimba kandi sibyo umuvuduko wabo wo gukura nyuma yo gutangira. Ingero nke muri

iryo terambere ryahinduwe nimpamvu zimirire ntabwo ari ibimenyetso bidahagije byashingirwaho kugirango hafatwe ingamba zose zo kuvura muri iki gihe cyubumenyi bwacu "(urup. 402). Birasa nkaho kuri twe Cowdry idashishikajwe no kugabanya ibibyimba; ashishikajwe gusa mubibazo byo gushaka ingamba zo kuvura zo gukiza kanseri kandi ko bitanyuze mugukosora ingeso zacu zimirire, ahubwo binyuze mubiro byibinini bimwe cyangwa ibindi.

Birashimishije kumenya igihe n'aho abahanga amaherezo bazamenya impamvu nyayo itera kanseri. Kugeza ubu bavumbuye "kanseri itera kanseri" zigera kuri 400, aho Cowdry agira ati: "Birashoboka ko muni ya kimwe ku ijana bya kanseri abaganga bahura nazo ari kanseri nyirizina, cyangwa ikomatanya kanseri, ishobora kugaragara" (urup. 390). Kurwanya ibi tumaze kubona uburyo indyo "isanzwe" (idasanzwe) yazamuye ibibyimba ku mbeba 80 kuri 100 zidafite kanseri mu rubanza rumwe na 150 kuri 198 mu rundi rubanza. Kubuza igice cy'imirire byagabanije ibyo bibyimba 150 bigera kuri 38; itangwa ryayo ryabujije cyane kanseri inshuro nyinshi mu bihugu byose no kuyisimbuza imirire karemano byakunze gukumira indwara ya kanseri burundu. Umuntu ashobora kuba yari yiteze ko ubu Cowdry izabona imirire karemano nk'igisubizo ku kibazo cyo kurwanya kanseri kandi ikareka guta. igihe cye ku iperereza ridafite akamaro ku zindi kanseri zose. Ahubwo, ntabwo yiteguye no gushyira impamvu imwe rukumbi itera kanseri, imirire mibi, mu zindi mpamvu zitera kanseri. Yita gusa ko ari "uguhindura" kandi akabishimangira n'impaka zidafite ishingiro. Kuba agitangara kubera imyitwarire ya selile mbi, yaranditse (urup. 43):

"Ntabwo bigenda ntavuze ko Aristote, cyangwa Darwin, niba ari twari kumwe natwe uyumunsi, dushobora gushobora guhuriza hamwe amakuru yose nkuko tuzi kubijyanye na kanseri ya kanseri no gutanga ibisobanuro byimyitwarire yabo mibi. Ahari mumyaka iri imbere ibi bizakorwa kandi tuzibaze impamvu twakomeje kuba impumyi igihe kirekire. Hagati aho, turatera intambwe yo guhagarika iterambere twiga bike aha n'aha. "Ariko ndasaba kwerekana ko nta Aristote ukenewe hano, cyangwa Darwin. Birahagije ko Cowdry isohoka muri laboratoire ye kandi, kwibagirwa kubaho kwakanya gato, kugirango yereke amaso ye kuri

inyenyeri, izuba, ukwezi, ibiti n'indabyo, gucengera mumutwe mumayobera yabo no gutahura nuburyo busanzwe isi yose izenguruka. Umuhanga wese ashobora gusenya iyo si akubaka isi ye mu mwanya wayo? Abahanga basenya iyo mibereho, iyo si yimuka kandi berekana ikiremhamuntu hamwe nise yubatswe ubwabo, hamwe numugati wabo, aside amine, vitamine zabo zikorana nu munyu wa sintetike. Birashimishije kumenya niba nyuma yo gusoma iyi mirongo, abahanga bazakomeza gushyira ubumenyi bwabo hejuru yubwenge bwa kamere yisi.

Ibindi kuri Cowdry irabarura ibibazo byinshi byo kubura bidatinze ibibyimba bibi hanyuma amaherezo igafata imyanzuro ikurikira (urup. 545):

"1. Kanseri zimwe na zimwe z'ibanze rimwe na rimwe zigaragara muri nini imibare mu ibere, prostate na nyababyeyi. Byinshi muribi ntibitera imbere, bikomeza guhishwa imyaka cyangwa guhita bisubira inyuma rwose.

▪

"3. Impinduka zidasobanutse muburyo bwibibyimba bibi rimwe na rimwe bibaho nta mpamvu igaragara.

"4. Hariho ingero nyinshi zanditse ku ibura rya neuroblastoma mu bana. Muri bimwe muribi ibi bifatanye isano no gutandukanya buhoro buhoro ingirabuzimafatizo mbi kubwimpamvu zitazwi.

"5. Imanza nke zagenzuwe zerekana ko kanseri yagarutse burundu byasobanuwe bidashobora kwitirirwa imiti yatanze.

Ikigaragara ni uko ubwoko bumwe na bumwe bw'utugingo ngengabuzima tuba turi mu bihe bidasanze bigenzurwa n'imikorere ya physiology. "

Niki gishobora kuba nyirabayazana yo kwikuramo ibibyimba bidatinze, niba atari impinduka zikomeye kandi zidashoboka muburyo bwimirire yumurwayi? Hashobora kubaho uburyo bumwe gusa kubatsinze

kuvura kanseri. Ikibyimba kigomba kubanza kwamburwa ibiryo byangiritse, kandi bigomba noneho kwicwa ninzara kandi bikicwa no kugabanya gufata intungamubiri karemano kugeza byibuze.

Mugihe bibaye ngombwa, selile zisanzwe, nazo, zishobora kubikwa muburyo bwizara yinzara mugihe runaka. Nyuma yo kubura ikibyimba birashobora gusubizwa byoroshye imbaraga zahoze.

Umurimo nigicro cyo gutegura ibiryo bitetse Ari Ntakindi uretse imyanda

Nkuko tumaze kubibona, umugabo nyawe abaho ibiryo bibisi wenyine. Ibiribwa n'ibinyobwa byose bitetse bikoreshewa kwisi biratakara. Amafaranga yabakoresheje araseswa ubusa. Nkimara kubona aya magambo arashobora kubona ko bidashoboka, ariko nukuri kworoshye, gihamya nabonye kubwanjye bwite.

Mu ntangiriro, twatekereje ko tugomba kongera gufata intungamubiri mbisi muburyo bumwe nkuko twagabanije kurya ibiryo bitetse, ariko bidatinze twabonye ko twibeshye. Nubwo mugihe cyambere habaga hakenewe cyane ibiribwa bisanzwe kugirango hagarurwe igihombo cyakomeje guhura numubiri ndetse no kongera kubaka ingingo ubishimangira hamwe ningirabuzimafatizo nshya, nyuma kubyo byifuzo byagabanutse buhoro buhoro.

Natwe twatunguwe no kubona ibiryo bike umukobwa wacu Anahit yariye. Nyina, kubera ubwoba yari afite mbere yo gutinya imirire mibi, yakundaga kumuhatira kurya byinshi, ariko umwana akomeza kwanga kubikora. Buhoro buhoro, byanyeretse ko imbuto n'ibinyampeke muri leta mbisi ari intungamubiri zuzuye cyane zifite ubuziranenge bwo hejuru, bityo, umubare muto cyane muri zo uhaza byimazeyo ibinyabuzima byacu. Niyo mpamvu umwana urya mbisi atagomba guhatirwa kurya ibirenze ibyo yifuza. Ntabwo ari umugani iyo twunvise umuntu ubaho amezi arangiye kumatariki cyangwa y'ya u kumunsi. Abarya batetse barashobora kwisubiraho ku masahani y'ibiryo bitetse, kubera ko nta ntungamubiri zifite mu buryo bwuzuye bw'ijambo.

Ibikomoka ku bimera na byo bitwara ibyatsi byinshi, kubera ko ahanini ibyatsi bigizwe n'ibiti; intungamubiri nyazo zirimo zirimo zitatanye kandi mubwinshi.

Izo nyamaswa zisiba amara ya misa ya roughage inshuro nyinshi kumunsi, mugihe abarya bisanzwe basanzwe bumva bakeneye icyifuzo kimwe gusa kumunsi. Kurenza urugero, kuba hari ibisigazwa byimbuto zidafite umwanda mumyanda hamwe no gusaba kujya kuntebe inshuro zirenze imwe kumunsi nibimenyetso byerekana kurya birenze ibyo, abarya mbisi-buke bagomba kwirinda rwose. Ubwinshi bwimbuto nsanzwe ndya ntabwo zirenze izikoreshwa numuntu wese utetse-ukunda imbuto. Kuri ibi nongeyeho isahani ya salade y'ibigori kumunsi, ifasha kuziba icyuho cyimirire kiboneka mubarya-batetse bose, kubera kubura ibiryo karemano. Muri iki giciro cyoroshye nta cyumba, byanze bikunze, kubiryo byose byangiritse nigeze gufata.

Niki cyaba ishusho iyo isi yose ikwiye guhita igaruka kandi igakurikiza amategako asanzwe yimirire? Nubwo umusaruro wimbuto wagumye kurwego rwubu, nyuma yo kwemerera buri muntu isahani ya salade yimboga cyangwa ibigori kumunsi bityo igahaza imirire yisi yose uko yakabaye, hasigara nkibisagutse bidakenewe mubiribwa byamatungo yose, isukari, icyayi, ikawa, kakao, ibinyobwa bidasindisha n'ibinyobwa bidasindisha, itabi, margarine, ndetse igice kinini cy'ibinyampeke n'ibinyampeke bikoreshwa muri iki gihe.

Reka noneho turebe uko bigenda, nyuma ya byose, kuri ibyo biryo byose byangiritse ibyo biribwa mwisi muri iki gihe. Mu byukuri, yajugunywe muburyo butatu.

1.Kubura kubura mukuzuzwa selile kabuhariwe .
umuntu nyawe ategukwa kwihanganira kuba hari umubare munini wutugingo ngengabuzima twa parasitike duheraye ku biryo bitetse, kugirango ugumane igice kinini cyingingo na sisitemu.

2.Ubunini bwinshi bwibiryo byangirika biribwa numuntu wibinyoma.

3. Hatirengagijwe niba umuntu ku giti cye agizwe numubiri umwe gusa cyangwa niba ari uruhurirane rwimibiri ibiri (nkuko bigaragazwa no kunanuka kwe cyangwa kwinangira), igice cyinshi cyibiryo, cyinjizwa mubinyabuzima hakoreshejwe ibiyobyabwenge kandi ikaba irenze imbaraga zo kwishyiriraho ingirabuzimafatizo, gusa irashya igasiga umubiri binyuze mumiyoboro inyuranye. Ubwinshi bwibiryo byapfushije ubusa bugizwe nigice kinini cyibiryo byose byokurya.

Ikintu kibabaje cyane cyikibazo ni uko ingirabuzimafatizo kabuhariwe zikoresha imbaraga nyinshi zibona mu ntungamubiri karemano kugira ngo zimenure ibiribwa by'umuntu wibinyoma, zishire mu maraso, kugira ngo zikore neza yingingo zisohoka no kwirukana mumubiri ingaruka mbi zibiryo bitetse. Kurugero, kuba warakoze umunsi wose umunsi wose, selile ikora ifite uburenganzira bwo kuruhuka gato; Ahubwo, bategekwa kujugunya mu buriri kugeza bwacya kugira ngo birukane mu binyabuzima karori yinyongera yinjijwe mu mubiri numuntu wibinyoma.

Kera, nahawe kurarikira no kunywa inyama kurwego rudasanze. Kubera iyo mpamvu, nari narwaye indwara yo kudasinzira ubuzima bwanyje bwose. Ntabwo nibuka ko nigeze kuryama mbere ya saa sita z'ijoro cyangwa kuba narigeze kubyuka kare bihagije kugira ngo mbone izuba rirashe. Nakundaga kuba maso kugeza saa tatu cyangwa enye za mugitondo nkabyuka saa munani cyangwa icyenda n'umutwe uremereye. Kubwamahirwe, nyuma yo kurya-kurya-ibitotsi byanyje byasinziriye burundu, ariko niba ngerageza kurya ifunguro rya nimugoroba, ngomba gukomeza kuba maso kugeza bwacya. Kuva afite imyaka 2, Anahit ntabwo yigeze akanguka nijoro.

Vitamine n'umunyu biboneka mu biryo bitetse ni ibinyoma, byapfuye, bitaringanijwe kandi byangiza. Ibiribwa bitetse ntakindi uretse ibikoreshe byubaka bimenetse na lisansi itari yo; Ingirabuzimafatizo zidafite akamaro zivuye mubikoresho byubaka ni umutwaro udashaka kuri selile zisanze. Ubushyuhe buboneka muri lisansi nkiyi irakabije kandi yangiza, mugihe ingufu ziva muri yo (motive motive) zirenze urugero kandi ntagaciro. Izi mbaraga zidafite intego zishyira mubikorwa moteri yuruganda hanze yamasaha yakazi; bihatira umutima gukora inshuro ebyiri umuvuduko usanzwe; ni

bihungabanya ahasigaye uburyo bwingenzi bwuruganda rwose rukeneze cyane, kubananiza aho no kubusa ubusa. Kudasinzira ni urugero rumwe rwingaruka zabyo.

Bigenda bite icyo abaganga batagiriwe inama bashizeho uburyo bwo kugabanya umubyibuho ukabije? Barateganya kubuza impande zose gufata ibiryo bya buri muni, kubwibye urutonde rwabo rwibiribwa bibujijwe birimo ibintu byingenzi kandi bifite intungamubiri nyinshi zimirire nka walnut, almonde, imizabibu, amatariki, insukoni, ibitoki. Muhandi magambo, bagabanya uburemere bwumuntu uri kwivuka ku giciro cyo kumunika no kumunika cyane, bityo bikangiza ubuzima bwe. Mu bihe nk'ibi, kubera kugabanuka kw'ibiribwa byangiritse, umuntu w'ikinyoma atakaza gusa amavuta yarenze urugero, mu gihe kubuza ibiribwa karemano ingirabuzimafatizo zisanze zibura intungamubiri zimwe na zimwe zikenewe cyane. Bikurikiraho rero ko umuntu wibinyoma aguma ashikanye mumwanya wacyo, mugihe umugabo nyawe acitse integere cyane.

Duhaye urugero rushimishye cyane rwingaruka zabujijwe indyashyamba cyo kwiga kanseri. Mu kuganira kuri iki kibazo Cowdry agira ati: "Biragaragara ko kugabanuka kwa kanseri y'ibere, kuzanwa no kubuza imirire, bifatanye isano no kugabanuka kw'intanga ngore ku mbeba" (op. C. 398). Ni iki kindi dushaka? Impamvu ya kanseri y'ibere rero yavumbwe. Ubuhasigaye ko abaganga bahagarika burundu ibikorwa byintanga ngore kubagore kugirango babakize burundu kanseri ya glande.

Ariko mubyukuri hariho ibisobanuro byoroshye byerekana uko bigenda. GUTEZA IMBERE LIMITATION yo gufata kalori ifite ingaruka ebyiri zinyuranye ku binyabuzima. Ku ruhande rumwe, kugabanuka kwibiryo byangirika bibuza kwandura kanseri, mugihe kurundi ruhande, kugabanuka kwibiribwa bisanzwe bibangamira ibikorwa bisanzwe byintanga ngore.

Ubuvuzi bwubuvuzi bwuzuye kwivuguruza gukabije. Iyo a indwara zimwe na zimwe zikwegereye kuri zo imigezi yangiza y'ibiribwa bidasanzwe, ibinyabuzima byumurwayi bigira ubudahangarwa bw'igice bivuye ku zindi ndwara. Kurugero, abantu barwaye diyabete,

arteriosclerose n'indwara zimwe na zimwe zandura ntibishobora kwibasirwa na kanseri. Ubushakashatsi bwabasaze bwanakozwe kugirango abantu baterwe na bagiteri zitandukanye kugirango bakekwe kwirinda kanseri. Ikintu kimwe kibaho ku rugero ruto mugihe cyo gukingirwa, mugihe mugutera indwara zoroheje abana barindwa ibitero bikomeye nyuma. Mugihe abagabo bahisemo kurengera ubuzima bwabana babo bakurikije amategako karemano, ingamba nkizo zidasanzwe zizaba nkenerwa, abana b'inzirakarengane bazavanwa mu nkingo zangiza kandi inkingo zizandikwa mumateka.

Ubushakashatsi bwerekana ko umuntu wibinyoma amaze guhamagarwa kubaho, kubuza imirire igice ntigishobora kugenzura iterambere ryacyo. Ndetse no kwangirika kwa 10-15 ku ijana mubiribwa birahagije kugirango bikomeze kubaho. Umugabo ushyira mu gaciro agomba kwitondera guha icyo gikoko ingano imwe yitungamubiri. Nakuyeho burundu ingingo y'ibirenge byanjye byose, ariko niba igihe icyo ari cyo cyose nagize amahirwe yo kurya inyama, nyuma y'amasaha make gukubita inyundo bimenyesha ko aside uric yinjiye mu ngingo y'amano manini. Nakunze gukora ubu bushakashatsi mummyaka yambere yubushakashatsi bwanjye ku kurya-mbisi. Ikigaragara ni uko imbuga zahanaguwe na acide ya uric ziracyari ubusa kandi inzira zibaganisha zirakinguye. Iyo inyama zimaze kwinjizwa mu mubiri, zihinduka aside irike, ihita yihutira gufata umwanya wabigenewe.

Ingirabuzimafatizo zumugabo wibinyoma ntizisubira inyuma byoroshye, nabyo. Barabeshya mu gico, igice- cyapfuye, ariko giteganijwe. Ntabwo vuba vuba igice cyibiryo byangiritse kibageraho kuruta gutangira kubyuka no kugwira. Kugenzura uburemere bwumubiri bigomba gutangwa rwose mubiribwa bisanzwe. Umuntu ugaragaza ko kunanuka cyane atari byiza kubuzima bwawe, mubyukuri, aragusaba kugaburira no kugaburira kilo mirongo yingirabuzimafatizo zirwaye na parasitike kugirango ugumane umubiri wawe. Icyarimwe hamwe no kwica umuntu wibinyoma, imirire karemano, buhoro, ariko byanze bikunze, byongera uburemere bwumugabo nyawe kurwego rusanze rusabwa na kamere.

Nyuma yo gukuraho izo mbaga zidafite akamaro, umugabo wahoze yapakiye umubiri we kilo 40-50 za selile zirwaye kandi akaba adashobora kuzamuka intambwe imwe adafashijwe ninkunga noneho azashobora kuzamuka imisozi adahinduye umusatsi. Umuntu nkuwo ntagomba na rimwe guhangayikishwa no gutakaza ibiro vuba; ahubwo, agomba kubyishimira. Umuntu ushyira mu gaciro ntagomba kwihanganira ingano imwe yinyama zidafite akamaro kumubiri we. Muri make, abantu bose bagomba amaherezo kumenya ko mugihe cyo kwinjiza buri funguro ryibiryo bitetse mumubiri we agaburira umuntu wikinyoma, umwanzi we uticuza, uwamwishe; akomeza indwara zose zizwi kandi zitazwi; ategura inzira y'urupfu rwe.

Mubitekerezo byabarya batetse umuntu agomba kurya neza kugirango abungabunge ubuzima bwiza. Kuri we igifu kirimo ubusa bisobanura umubiri ushonje. Ntazi ko umugabo ufite igifu cyuzuye rwose ari umuntu urwaye. Igifu cyo biragoye kwirukana ibiribwa bidasanzwe mugihe gikwiye. Ku rundi ruhande, abarya ibyatsi-mbisi bahora ari ubusa cyangwa, uko byagenda kose, biroroshye cyane ku buryo atumva ko hari ikintu gihari. Yumva amara yuzuye, kuko niho ibiryo yariye bihita byimurwa. Ndetse ibiryo birenze ntibiryama munda igihe kirekire; bihita byinjira mu mara kandi, bigogorwa cyangwa bidafite isuku, biva mu mubiri bitagize ingaruka mbi ku binyabuzima.

Kubwibyo, nta gaze yigeze ikorwa mu gifu cya mbisi-abarya. Niba ibiryo birenze urugero biribwa, imyuka irashobora kubyara amara, ariko irashaka kuva mumubiri munzira zisanzwe. Urya mbisi abona itandukanirwo riri hagati yuburyo bubiri bwimirire neza mugihe agerageje kurya ifunguro ryiza nyuma y amezi make yifata. Nibwo noneho yibaza uburyo yashoboraga kuba yarigeze akurura ubuzima bubi kandi bubi kandi akabona ko ubwo buryo buteye ishozi mubuzima busanzwe.

Ubuwuzi bwabatetse-barya ni Byose Ubumenyi bwibeshya

Nkuko twabibonye, indwara zizanwa no gukwirakwiza ibikoreshe fatizo byibanze byuruganda rwabantu. Kubwibyo, ubuzima bushobora gukira ari uko ubunyangamugayo bwibyo bikoreshe bwagaruwe. Ariko niyihe shingiro ryibikorwa byose bya siyanse yubuvuzi bugezweho? Niki mubyukuri abaganga bakora? Bagerageza ubusa kugarura ubwo busugire bakoresheje ibiribwa byangiritse, vitamine zubukorikori, umunyu, imisemburo hamwe nudusimba twinshi twuburozi, kandi icyarimwe bakuraho kandi bakajugunya glande ningingo zose zangiritse kuburyo budasubirwaho kandi zidafite ubushobozi nka a ibisubizo byo guseniyuka kw'ibikoreshe bisanzwe.

Abantu bese babaho mubujiji buteye ubwoba. Mubitekerezo bya abarya batetse, kurya ibintu bitetse nibintu bisanzwe, mugihe kugaburirwa namategeko ya kamere ari igeragezwa, nubushakashatsi buteye akaga kuriyo. Mubyukuri, abagabo barimbuye batabishaka **BALANCE YIZA** yatejwe imbere na kamere, kandi mumyaka ibihumbi nibihumbi bakora **INGARUKA ZIDASANZWE** bakoresheje ibiryo bitetse, imyiteguro yubukorikori nibintu byuburozi kugirango babone uburinganire bushya, uburinganire bwabo. Ibisubizo byihuse byubushakashatsi nindwara nyinshi ziganje kwisi muri iki gihe.

Iyo ntumiye abantu gufata ibiryo-mbisi, ntabwo nsaba ubushakashatsi bushya. Ahubwo, ndabasaba **GUSHYIRA HAMWE MU BIKORWA BIDASANZWE BIGIHE MU ITERAMBERE KANDI BASUBIZE MU NZIRA NYAKURI YUBUZIMA.**

Kubwibyo, mugihe adafite ubwenge busanzwe, umusomyi ntagomba gutegereza ko abandi bakora "igeragezwa rishya" bakamumenyesha ibisubizo. Agomba guhita ahagarika ubushakashatsi bwe buteye akaga hanyuma agahindukira mubuzima busanzwe.

Ibicuruzwa byanyuma muri byo bigeragezo byose, ibihangano bya laboratoire yubushakashatsi bwumuntu, ni ibinini nifu abahanga bifuza kugaburira isi, mugihe ibihangano bya laboratoire yibidukikije ari ingano, yyy u na pome. Tugomba twese guhitamo hagati yibi byombi. Ibiryo byose bitetse nibintu byubukorikori

kwamburwa imico karemano. Bafite intungamubiri nyinshi nkibinini bya vitamine byamamajwe cyane nibikomoka ku biribwa.

Hariho amoko menshi yibinyabuzima, nta baganga, cyangwa ibitaro na farumasi, nyamara, usibye abarebwa numuntu, babaho bataguye mu ndwara kandi barangiza ubuzima bwabo bukwiranye numubiri wabo. shingiro, bitandukanye kuva muminsi mike kugeza kumyaka amagana. Kubera imiterere itunganijwe yumubiri we, ikiremnamuntu kigomba kwishimira ubuzima burebure kandi bwiza kuruta ibindi biremwa byose byo kwisi. Ndetse mugihe hatabayeho kurya byuzuye-, hari aho byanditswe byerekana ko abagabo bashoboye kugera kumyaka 150-180, gusa babayeho mubihye birinda kwangirika gukabije kwibiribwa. Kuba abantu benshi babaho gake ni ikimenyetso cyerekana ko hari ibitagenda neza mubuzima bwabo Inyamaswa zirisha cyane kumababi yicyatsi nigiti cyibiti. Ikiremnamuntu gifite, intungamubiri nziza kandi zegeranye cyane zifite ubuziranenge buhebuje ko, zimaze kunyura mu mababi no mu gihuru, imitsi n'amashami y'ibyo bimera, byahuriye hamwe mu mbuto n'imbutu.

Igihe kirageze ngo abahanga mu binyabuzima bemere ko bataye inzira nziza kandi barimo gukora iperereza ahantu hatari. Bagomba kwatura, byongeye kandi, ko bidashoboka kwishyura igihombo mu bigize intungamubiri karemano hifashishijwe imyiteguro y'ubukorikori; ko uburozi budafite ubushobozi bwo kugarura icyangirika ryingingo zinyuranye; ko ingingo zacu na glande ari ibice bitandukana byumubiri wacu bityo ntibigomba gutemwa cyangwa gukurwaho. Uyu munsi, ndimo kubereka uburyo bworoshye cyane kandi bworoshye bwo kuvana umubiri wumuntu indwara zose muburyo bunoze. NUBWO GUSENYA AMAFARANGA YARWAYE KANDI AKORESHEJWE N'UMUBIRI, MU GUCA ICYEMEZO CY'IBIRYO BIDASANZWE, KANDI BISIMBURWA N'UBUZIMA N'AKAGARI YIHARIYE BYATANZWE MU BIKORWA BY'IMBERE. Kugirango bemeze byimazeyo ishingiro ryimpaka zanjye, bakeneye gusa amezi make.

Niki kigomba kuba intego yabaganga naba biologiya, niba atari ukubohora y'abantu biturutse ku ndwara? Kurya nabi ni inzira yo kugera kuri iyo ntego.

Bagomba gutangaza ako kanya niba bakora, mubyukuri, bifuza kubona a isi itarwaye indwara. Niba bashobora kwerekana ko imibare yabo bwite ari iy'ukuri kuruta kubara kwakozwe na kamere, kandi ko abarya mbisi ku isi bahitanwa n'indwara aho kugira ngo bakire ubuzima bwabo, nzahita mva mu kibuga ndi kumwe n'ibitabo byanjye hanyuma. ceceka. Bitabaye ibyo, rwose ntibashobora guhatira abantu kwihanganira indwara kugirango bakingure imiryango yibitaro na farumasi.

Bagomba kwiyinga nibitekerezo guhera ubu Gutegura ibiryo bitetse nibyifuzo byabo bizafatwa nkibyaha byibasiye inyokomuntu muri rusange, kandi "kuvura" hakoreshajwe uburozi nkuburozi bwigihe cyo guteka. Abaganga bafite ubwenge nubumuntu bahita bahagarika ibyo byifuzo bagatumira abantu kugandukira itegeko ryibidukikije. Amaboko ya muganga ufite urumuri rwumutimanama asigaye mumutima we agomba guhinda umushyitsi kwandika amazina yibintu byuburozi na vitamine zikora, kandi iminwa ye igomba guhinda umushyitsi kuvuga amazina yibibwa bitetse. Ibikorwa byabo bihwanye no guca urubanza rw'inzirakarengane. Reka ibi bigerweho nababyeyi bose.

Birashoboka ko bamwe mubasomyi banje bashobora kudakunda imvugo yanjye yo kwandika. Muri igitekerezo cyabo, imvugo yanjye igomba guhitamo kuba siyanse (irimbishijwe n'ijambo ry'ikilatini ritumvikana n'abantu benshi), ubwiyunge (kurega), uburemere (uburyarya), kumvikana cyane (kutagira ikinyabupfura), ubupfura (kubeshya) no kugira amakenga (gutsindwa)). Ariko mpitamo gufata icyemezo, umurava kandi ushize amanga. Kandi uko ni ko nzamera, nubwo mbona isi yose irwanya. Nizeye ko nzashyigikiye nabantu bose bashyira mu gaciro kandi nkarenganurwa nabazabakomokaho.

Iyo nsuzumye ibyifuzo byisupu yinkoko, umuhondo wa amagi, umwijima ukaranze cyangwa imbuto zokeje abamugaye, cyane cyane kubana bato, igikorwa cyubugizi bwa nabi, ntabwo ndimo gushinja gusebanya. Nta nubwo

nkora icyaha ndwanya ukuri iyo mfashe nkuburozi ibyo bikorwa byose byubuvuzi aho, aho guhanagura imiyoboro yamaraso yumurwayi uhagaze kumuryango wurupfu abifashijwemo nimirire karemano, gushimangira imitsi yumutima we no gutanga we ubukode bushya bwubuzima burebure, bagura imitsi ye bakoresheje uburozi bwuburozi, bakangurira imikorere yumutima "gukubita ikiboko", kugabanya ubwinshi bwamaraso mukureka amaraso cyangwa kwangirika no kuyungurura hakoreshejwe uburyo bwa gihanga. Bircher-Benner hamwe nabandi bahanga benshi mu bya siyanse bafite umutimanama nabo, babonaga ibikorwa nkubupfumu, uburiganya na buffoonery.

Nukuri sinshinja icyaha cyo kwiyoroshya iyo, nishingikirije kuri nje uburyo bwihariye, bugarukira cyane, nkora iperereza ritoroshye hanyuma, nkurikije ibyo navumbuye, ndatangaza ko cytologiste bahamwa nubusazi mugihe babanje gutwika ibihumbi nibigize intungamubiri mubiribwa bisanzwe hanyuma bagashyira selile kwangirika gukabije, hanyuma bagasesagura. miriyoni y'amafaranga ya leta kubusa kugerageza gusubira muri utwo tugari BYOSE BATAKAZE UBURYO BUKORESHEJWE N'IMIKORESHEREZE YO kuvumbura UMUNTU UFATANYIJE.

Reka dufate urugero, umuganga wamwitayeho nari narahaye abana banjye bombi beza. Mbere na mbere, yitwaje ko ifasha igogorwa ryabo no gukomeza imbaraga zabo, yababujije imbuto mbisi kandi abasaba compote n "'amafunguro yintungamubiri" aho. Nyuma yerekeranye nubusinzi bwimodoka nindwara ziterwa nubwoko buturuka kuri ibyo byifuzo nka malariya, yanditse dosiye iteye ubwoba ya quinine, kandi nyuma yaho, akoresheje ibizamini nubushakashatsi butabarika, cyane cyane "indyo" hamwe n'ibiyobyabwenge byinshi kandi antibiyotike zigezweho yambuye abana imbaraga zabo za nyuma. Muganga nkuyu rwose yarahamwe nicyaha CYANE CYANE, nubwo yakoze byose atabishaka. Noneho, kugirango adashobora gusubiramo icyaha kimwe cyakorewe abandi bana, tugomba kumugezaho icyaha kandi tukamumenyesha ko ahamwa nicyaha gikomeye cyane. Niba ibiyobyabwenge ibyo

bana banjye bafashe mumyaka 14 bakoreshejwe rwose, ingabo zose zizarimburwa rwose.

Umwanya ni byinshi cyangwa bike muri iki gihe. Muri iki gihe cya siyansi amajyambere, Ndacyabona abana benshi bafite ubumuga, bafite intege nke ba nyina bitabaza uburyo bwose bwo kubatera inkunga no kubatera ubwoba bwo kubahatira kurya umuceri, inyama, amagi, umutsima, ubuki, amavuta na pasitoro, mugihe kimwe bababuza rwose imyumbati kandi ibitoki byo "kuba indigestable", cheri n'inzabibu "bitera impiswi", hamwe na tuteri na melon kubera "kubyara umuriro". Nigute nakwihanganira ntitaye kuriyi mimerere ibabaje?

Abantu bose bazi uburyo imiterere yibinyabuzima byabantu bigoye. Ingano y'ibigori ifite neza cyane imiterere igoye. Iyo tumaze kumera, ihinduka umubiri ukora kandi utera imbere ubaho kandi uhumeka nkumuntu, usibye ko udashobora kuvuga no kugenda. Ibihumbi n'ibihumbi by'ingirakamaro mu mikorere isanzwe y'ibintu byose binini kandi bito bigize umubiri wacu birundanyirizwa muri byo ku bwinshi kandi bibarwa neza. Iyo duhinduye ingano nzima umugati, dusenya ibintu byose birimo bikiza ivu ryayo: ibinyamisogwe byapfuye hamwe nisukari. Tekereza ivu rifite intungamubiri nyazo, bisobanura neza umubyeyi abaha umwana we, ariko atinya kumuha ingano nzima.

Mu buryo nk'ubwo, ibiryo byose bitetse kwisi, abantu batareba kure babona ko ari intungamubiri nziza, ntakindi uretse ibirundo bya motley by ivu kandi bifite ivu ryinshi. Vitamine n'ibice byavumbuwe na bo mu binyabuzima ni ibintu bidasanze, bidafite ubuzima.

Ingirabuzimafatizo nzima ikimara gutekwa, ireka kuba intungamubiri; isohoka muri kamere yayo ihinduka ikintu gihimbano. Iyo umubyeyi aha umwana we muto umutsima we wambere, amata yumye cyangwa ibindi bintu bitetse, atangira gukoresha ibyo bintu byubukorikori kugirango akore ubushakashatsi bukabije kandi butagira ubumuntu kumwana we.

Ikosa ryibanze ryubumenyi bwubuvuzi riri mu buryo bubi bwo kureba kure. Ndetse na cytologue uzwi cyane nka Cowdry abitekereza

kubaho kandi byuzuye ibiryo nkibiryo, imbuto n'imbuto kugirango "ahubwo biryohye kandi byoroshye ibiryo bikomoka". Ibinyuranye n'ibyo, abona ibirundo by'amabara by'ivu biribwa n'abagabo nk "ibiryo byinshi bitandukanye byakusanyirijwe mu mpande nyinshi z'isi" (op. P. 220), kandi yiteze ko Aristote azaza akamwereka Uwiteka. itandukaniro nyaryo hagati yombi.

Mugihe bigoye cyane sisitemu yubu yubuvuzi, ndabikora ntukange urwango umuntu uwo ari we wese. Gusa nishimiye cyane kugirira impuhwe abagabo n'abagore bese nta kurobanura, kuko bagiye bakora ibyo byaha ku bantu babo, ku mibanire yabo no ku bantu batabishaka kandi batabitekereje. Ariko abakomeje amakosa yabo nyuma yo gusoma iyi mirongo bazacirwaho iteka numuntu wese uzi ubwenge.

Igihe kirageze ubwo abahanga mu binyabuzima bagomba guhitamo kimwe muri inzira ebyiri zirakinguye. Bashobora kwemera ubwenge budashidikanywaho bwa kamere hamwe nubumuntu kubantu icyarimwe icyarimwe cyangwa, bakirengagiza amategeko yibidukikije kandi bakishingikiriza kumyanzuro yabo bwite, bagomba kubona umugati wera kuruta ingano nzima, bakabona ko ari ibihimbano. bikundwa na kamere, kandi ukomeze mubigerageze byabo byangiza nka mbere. Bizavamo iki noneho? Reka tuvuge ko uko ibintu bimeze ubu byakomeje ibisekuruza bike, muri icyo gihe umubare w'ibiyobyabwenge wikubye kabiri; umubare wa vitamine artificiel wiyongereyeho kane, buri nzu yahinduwe ibitaro kandi buri muntu yabaye umuganga. Ni iki twakungukira muri ibyo byose, mugihe abaganga ubwabo bahitanwa nindwara kenshi kurusha abandi bantu bese kandi muri rusange bapfa mbere yab

Inshingano zose zo kuyobya isi zishingiye kuri inzobere ziyobora: abahanga mubushakashatsi bwibinyabuzima nabarimu bubuvuzi. Abaganga basanzwe ntibagomba kubiryoza, kuko bashyira mubikorwa ibyo bigishijwe nabarimu babo. Nta injeniyeri wigeze ashinzwe kubungabunga uruganda mbere yuko amenyera amakuru yose yimikorere yarwo. Mubyukuri ntibishoboka kuzuza itsinda ryabantu hamwe nibice byibanze bya

ubumenyi, ibitekerezo bidahwitse, ibitekerezo bya hypothettike hamwe nibitekerezo bivuguruzanya, hanyuma ubaha umudendeze wuzuye wo gukina nubuzima bwa bagenzi babo bakoresheje uburozi ibihumbi, ibikoresho byica urubozo namabwiriza atangaje, kandi ibyo byose nta kureka cyangwa kubangamira. Reka dufate akanya ko ibitabo byose byubuvuzi na encyclopediya kwisi aribyo. Hanyuma; kugirango abafate mu mutwe umuganga yakenera ubuzima icumi kandi na nyuma yaho ntabwo yari gushobora kumva igice cyigihumbi cyibikorwa bitabarika bikorera mubinyabuzima byabantu.

Niba umurwayi urwaye indwara idakira aramutse agishije inama abaganga ijana, yakira ibyifuzo ijana bitandukanye. Kubaganga bakora gusa ubushakashatsi nibigerageze byinshi kuriyo. Nkuko abahinduye amatwi kuri uku kuri kugaragara, ntibazashobora kwikuramo inshingano ejo. Mugihe abana b'iki gihe bazakura mugihe ugasanga bafite ubuzima bubi kandi bwuzuyemo ibiyobyabwenge, bazahamagara abahanga mubuzima bwibinyabuzima, abayobozi bisi ndetse nababyeyi babo, kandi bazasaba kumenya intambwe bateye mugihe bakoze soma iyi miburo. Bakomeje gutekereza ko ubwenge bwabo buruta kamere?

Niba batabitekereza, bagomba guhagarika ako kanya kwangiza ibiribwa bisanzwe. Iri ni itegeko rikomeye rya Kamere, ritemera ko habaho ubwumvikane. Ni amategeko y'isi yose.

Ariko uyumunsi, abantu babayeho muni yubushitani bwuzuye bwahinduye iyi si ikuzimu. Abo badayimoni, bamaze kwambara masike y'abakobwa beza, bicaye ku meza yo kurya no mu masahani y'umuntu; bamwunamyemurira mu maso no ku rusakanwa, ku maboko no ku maguru, ku ijosi no ku bitugu, kandi aho bava bakagera baseka batabishaka. Binjiye mu mubiri we kandi bishyira mu mutima we no mu bugingo bwe.

Umugabo "ufite umuco" w'iki gihe arasebya gusenga ibigirwamana kuva kera, ariko ntazi ko ari ikigirwamana kibi cyane kuruta abasenga ibigirwamana. Mubihe byashize, abagabo bashizeho amashusho yinyamaswa zitandukanye barazisenga; uyumunsi barica izo nyamaswa kandi basenga imirambo yabo.

Umugabo "ufite umuco" w'iki gihe ntashobora gushushanya ubugome burimo isi yose ibaho muri iki gihe. Umutegarugori "woroshye" na "ufite umutima wuje ubwuzu", mubyukuri acika intege abonye ibitonyanga bike byamaraso mumaso yumwana, atuje ashyira kumeza umutima wamaraso, umwijima cyangwa ibere ryintama ukabwira ibice kutitaho ibintu byose, utabanje gutekereza kumwanya umwe gusa mbere yuko ikiremwa gikennye cyuzuye ubuzima nubuzima. Niba yarabonye, kuva mu bwana bwe, icyicwa ry'umwana hamwe n'iry'inkoko cyangwa umwana w'intama, yafataga icyuma atitaye ku burunganire kandi, nta gutuza, hamwe n'umutima w'intama, yaca. umutima wuriya mwana, guteka no kurya. Itandukaniro gusa rishingiye ku kuba amaso ye yamenyereye umwe, ariko atari undi, cyangwa bitabaye ibyo ntiyari gutungurwa no kubona amaraso y'umubiri w'abantu umanutse mu maduka y'abacuruzi, iruhande y'imirambo y'inka. n'intama.

Abantu muri iki gihe ntibari kure cyane

Igihe cyose abantu bakomeje gutsimbarara ku kurya ibiryo bitetse, ntishobora kubaho amajyambere nyayo cyangwa amahoro arambye kwisi. Itetse kurya ibyara intabara nubwicanyi bwose kwisi.

Bitetse kurya bibyara abayobozi babi nabanyagitugu babi nka Hitler, Lenin, Stalin nabandi cyangwa abagizi ba nabi babi nka Abdul Hamid na Talaat nabayoboke babo, bishe kimwe cya kabiri cyabaturage b'amahoro muri Arumeniya maze birukana undi kimwe cya kabiri kiva mu gihugu cyabo cya kera, aho babaga imyaka ibihumbi, bambura kandi basahura ibikoresho byabo byo guhinga, amazu yabo nayabo

ubusitani, imisozi yabo nibibaya byabo, hanyuma bigatera isoni imbere yisi yose "umuco" udahanwa rwose.

Nubwo kwiyongera k'umusaruro w'ibigori bikomeje kwiyongera, haracyari ikibazo gikomeye cy'ibinyampeke ku isi.

Hariho impamvu eshatu zitera iyi paradox idasanzwe: Mbere ya byose, muguhindura imigati yamafunguro yose umugati wera ahantu hose, tuyambura ibisigisigi byayo byanyuma agaciro kitungamubiri. Noneho, twifashishije ifumbire mvaruganda tuzamura ingano yumusaruro twishyuye ubwiza bwayo. Hanyuma, umuntu wibinyoma yagiye akura vuba kuburyo kwiyongera kwumusaruro wibiribwa bitashoboye rwose kugendana nibisabwa.

Kandi igice kinini cy'ibihingwa gikoreshwa mu kugaburira amatungo y'inyama n'inganda z'amata.

Urebye, abagabo bashobora gusanga bigoye kwiyumvisha inyungu nini inyokomuntu izakura mubiryo-mbisi.

Hafi ako kanya indwara zose zizashira burundu, kandi ibyongeweho byose nibyaha bizashira ku isi.

Muri icyo gihe, ibyiringiro byubuzima biziyongera inshuro ebyiri cyangwa eshatu kandi hazabaho iterambere ryubukungu nkubunini butazaba mu bantu muryaka magana, niba ibintu byifashe muri iki gihe.

Ibi byemezo ni ukuri ntabwo ari ibihimbano, kandi, ikirenzeho, izo nyungu zose zirashobora kugurwa muburyo bworoshye. Icyo tugomba gukora ni ukubaha amategeko y'ibanze ya kamere no gukumira irimbuka ry'ingano nzima kandi zuzuye. Niba umuntu afite ibyuya byo mumutwe kugirango yinjire kandi amenye itandukaniro riri hagati yingano nzima, zikora n imigati yatwitse, umuntu yashoboraga gutandukanya byoroshye itandukaniro riri hagati yibinyabuzima byarya mbisi nibitetse-abarya.

Reka noneho turebe imyifatire yemejwe nabategetsi ba none
isi hamwe nizindi nzego zibishinzwe kuri ibyo bibazo byingenzi.
Amabaruwa yabakiriye yerekana ko basomye igitabo cyanjye cya mbere
bashimishijwe kandi ko basanga muri rusange bafite impuhwe n'ibitekerezo
byanjye. Sinigeze numva ijwi rimwe ridahuye kuva muri kimwe cya kane. Ariko
ibi ntibihagije. Igitabo cyanjye ntabwo ari igitabo gishimishije gusomwa rimwe
ugashyirwa kuruhande. Nijwi ryaganiriweho ibibazo byingenzi kandi byihutirwa byisi
yacu. Igomba gusubirwamo kenshi, kandi buri nteruro yacyo igomba gupimwa neza
no gutekereza kumasaha.

Byaba ari amakosa niba abo bategetsu b'isi bafata kurya-mbisi nk'ikibazo
kimwe gisanze kandi kimwe n'ibindi bibazo byabo byose bya politiki n'ubukungu,
bishyikiriza "impuguke" kugira ngo bige kandi bisuzumwe. Haraheze
imyaka ibihumbi hariho ubushakashatsi nubushakashatsi bwinshi, ariko
byose byatsinzwe nabi. Uyu muni, ni inshingano zihutirwa z'abayobozi kuyobora
abantu GUSHYIRA IHEREZO IYI BIKORESHA BISANZWE KANDI
BASUBIZE MU NZIRA YUBUZIMA. Muri iki gihe, umuntu wese ushyira
mu gaciro ni umuhanga mu kumenya itandukaniro riri hagati y'ibisanzwe
n'ibidasanzwe, intungamubiri nzima n'ifunguro ridafite ubuzima hamwe nibikoreho
byabo bya artifiel, byangiritse.

Umuntu utegeka abantu babarirwa muri za miriyoni, ntashobora byoroshye
gutegeka umuntu umwe, umuntu we bwite.

Hashobora kubaho impamvu ebyiri gusa zo kwanga amahame yo kurya
mbisi: gushaka ubwenge busanzwe no kubura imbaraga zubushake. Nta mpamvu
ya gatatu ishobora kubaho. Izindi "mpamvu" zose ni urwitwazo gusa rwateye imbere
kugirango uhishe izo nenge zombi. Abantu biyubaha mu myanya
bashinzwe ntibagomba guha umuntu uwo ari we wese ko adafite ubutwari no
kugororoka mu mico.

Abamaze amezi abiri cyangwa atatu bakora imyitozo yuzuye yo kurya
mbisi ntibazigera bemera gusubira mubuzima bwabo budasanzwe mbere, kabone
niyo baba barayoboye ikirenge. Umugabo wita kumuntu kandi aha agaciro
ubuzima n'imibereho ye

abana bazakora iyo "igeragezwa" y'amezi abiri cyangwa atatu nta gutindiganya na gato. Abo bayobozi bashishikajwe n'ibyishimo n'imibereho myiza yabaturage babo (niba bihari) bagomba gutanga inzira yiterambere ryabantu bose bakoresheje ingero zabo bwite. Iyi izaba serivisi yabo yingirakamaro kandi nziza kubantu.

Ntabwo ari ugukabya kuvuga ko ibiryo bitetse, kuba bidasanze kandi ibintu byubukorikori, ntutange ingano yitungamubiri ya selile yihariye. Byongeye kandi, amafaranga n'ibibazo byakozwe kugirango abitange ntabwo ari ugusesagura gusa, ahubwo ni inzira yo kurimbura burundu ingingo z'umuntu ndetse nukuri, umuntu ubwe. Ubunararibonye bwungutse mumezi ya mbere yo kurya-mbisi bizereka abantu bose ukuri kwaya magambo. Birakwiye ko utekereza kuri iki kibazo mugihe gito.

Mumyaka mike ishize amakuru menshi afite yakiriwe mu mpande zose z'isi ku ntsinzi yagezweho no kurya-mbisi. Aya makuru yerekana ko hari ibihumbi n'ibihumbi byemeza-abarya mbisi batatanye ku isi, benshi muri bo bakize indwara zikomeye none bakaba bayobora ubuzima bushimishije. Aba bantu ntabwo ari abahanga cyangwa abahanga; ni abagabo bize gusa kandi bafite umuco bashoboye gusobanukirwa amahame yo kurya mbisi kubushishozi bwabo no kubitekereza, kandi bagize ubutwari bwo gufata icyemezo gikenewe.

Kubwamahirwe, gukwirakwiza ibitabo byanjye byahuye nibibazo byinshi bikomeye. Ikigaragara ni uko birenze imbaraga z'umuntu umwe gukwirakwiza ibitabo byubusa ku isi yose. Nasabye abamamaji benshi mu Bwongereza no muri Amerika, mbatumira gusohora igitabo cyanjye cya mbere cy'icyongereza mu bihugu byabo. Bose bemeje ko igitabo cyari gishimishije kandi gifite akamaro, ariko bagaragaza ko bicujije kuba kitari mu bitabo byabo. Ibi byari byumvikana neza, kubera ko iyasohorwa ryayo ryaba ryarangije kurangira ibindi bitabo byabo byose "imirire", kuko ntamuntu numwe uzi amahame yo kurya mbisi yabikora

babitayeho na gato. Abaturage b'iki gihe ntibashobora kubona ibirenze inyungu zabo bwite.

Ndasaba imiryango yose, imiryango y'abagiraneza, abagiraneza b'umutima mwiza hamwe n'abantu bakorera abantu ku isi ubufasha bwabo bwiza. Reka bampa ubufasha bwose bashoboye mugukwirakwiza ibitabo byanyje. Barashobora gutumiza kopi makumyabiri, mirongo itanu cyangwa ijana zibitabo byanyje bakabikwirakwiza kubushake bwabo, haba kubigurisha cyangwa kubitanga kubuntu. Igitabo cyose kirashobora kurokora ubuzima, gukiza abantu indwara zikomeye cyangwa kwerekana ibyiringiro by'ejo hazaza heza kubana. Muri iki gihe, nta gikorwa cy'agaciro gakomeye kirenze ibyo.

Niba naragize inyungu z'igitabo nk'iki mu myaka 15 ishize, uyumunsi ibiri yanjye bakundwa abana baba bazima. Ku rundi ruhande, niba hashize imyaka igera ku 10 ubwenge bwanjye butamurikirwa, nanjye ubwanjye sinakagombye kubaho ubu. Abatuye isi bose bameze kimwe muriki gihe kandi bakeneye ubufasha bwacu cyane. Ni nkenyerwa kubamenyera amahame akwiye yimirire vuba bishoboka.

Uyu munsi, ndabona n'amaso yanjye ukuntu imibiri imwe n'imwe ikoresha amafaranga menshi kugirango igabanye ifu inoze, isukari, amata yumye n'inyama zabitswe ku bakene. Mugukwirakwiza ibiryo nkibi bidasanze kandi byangiritse cyane kubantu, batabishaka bakora icyaha gikomeye kandi barenga ku mategeko ya kamere. Bakoraga ibikorwa byubaha cyane, baramutse bafunguye amaso yabantu bababaye bakabigisha uburyo bwo kuba inyamanswa.

Ku bantu bose banywa ibiryo, umukara ni umweru naho umweru ni umukara. Hari igihe wasangaga batekereza ko isi ihagaze, mugihe izuba ninyenyeri byizengurutse. Niba hari umuntu wagaragaje imyizerere inyuranye, yajyanywe numusazi nabantu batareba kure, kuko mumaso yabo isi yari ihagaze neza mumwanya wabyo, mugihe izuba ryagendaga hejuru yikirere.

Mubyukuri imitekerereze imwe iriganje muri iki gihe. Biragaragara ko umuntu yumva ku mubiri we ko imyumbati "imugirira nabi", mu gihe umutsima wera watetse kabiri n'umuceri usukuye, byoroshye cyane, "bigenga" imikorere y'igifu. Ariko ntazi ko, mubyukuri, gukoresha iyo migati n'umuceri aribyo nyirabayazana w'intege nke z'inda ye; mubyukuri imyumbati nibiribwa bizamukiza igihe kirekire.

Uyu muni, abantu bose bemeza ko umuntu akimara kurya a amasahani make y'ibiryo "bifite intungamubiri" iyo ashonje, yujuje ibisabwa bisanzwe mubuzima bwe. Ariko abantu ntibazi ko selile zisanzwe zuwo muntu zidafata ingano yintungamubiri zibyo bintu byapfuye nubukorikori, kandi ko, nubwo igifu cyuzuye, baguma bashonje rwose.

Muri iki gihe, abantu bose bemeza ko kugira ngo umuntu agire ubuzima buzira umuze agomba kuyoborwa n'imibare itandukanye ya siyansi yerekana intungamubiri za poroteyine, vitamine n'imyungu ngugu, iboneka muri laboratoire z'ubushakashatsi. Ntabwo bumva ko kubara kwinshi mubyukuri ari ibinyoma kandi byangiza ishusho yukuri.

Uyu muni, iyo umuntu arwaye, aba yizeye ko ibyo afite byose gukora kugirango akire wenyine ni ugushaka uburozi bwitwa ibiyobyabwenge. Niyo mpamvu ahita atangira gushakisha ibyo bintu bitangaje. Ariko ntazi ko kuvura ibiyobyabwenge ari uburozi bwiki gihe cyo kurya-guteka kandi ko nta burozi buzigera bushobora gukora umurimo w'ingirakamaro. Ntanubwo azi ko indwara zose ziterwa nimpamvu ebyiri gusa: guhora inzara yingirabuzimafatizo zisanzwe kubera kubura intungamubiri karemano, ningaruka mbi ziterwa nibiribwa bidasanzwe, bitetse nibindi bintu bifite uburozi; nta mpamvu ya gatatu. Hariho rero inzira imwe yumvikana yo kwigobotora indwara zose icyarimwe. Tugomba kwirinda rwose ibiribwa nibiyobyabwenge bidasanzwe, kandi tugahaza ingirabuzimafatizo zacu dukeneye imirire karemano (veganism mbisi) yonyine.

Ibiyobyabwenge bikunze gufatwa nkuburyo bwo gukiza indwara, mubyukuri, ubwabyo nibyo bitera indwara. Muri rusange, ni

ni ikosa riteye ubwoba kandi riteye agahinda gushakisha ibintu byose bivura mubintu byogukora cyangwa mubitunga umuntu kugiti cye. Nyamara iri kosa niryo ryakozwe n'abantu mu binyejana byashize. Nta bintu bivura bibaho kuri iyi si; hariho gusa ibintu byihariye bitera indwara, mugukuraho indwara zose zizahita zicika. Ibyo bintu ni ibiryo bitetse hamwe nuburozi bwitirirwa imiti.

Umugabo wiki gihe yishimiye cyane umuco we, ariko ntari kure yumuco. Umuco nyawo ntukwiye gupimwa niterambere rya tekini gusa, ahubwo ni UKO BIKORESHEJWE MU BITEKEREZO N'UBUGINGO BW'UMUNTU W'UMUNTU, GUTSINDA INTSINZI N'IBYEMEZO, KANDI BIKORESHEJWE N'UBWENGE BWA MUNTU MU BUYOBOZI. Kugirango ashimishe icyifuzo cye kidasanzwe cyo kurya, umugabo wiki gihe yatwitse 80 ku ijana byibiribwa byera, karemano ku muriro kandi bizana kurimbuka kwe bwite atera indwara mu buryo bwa gihanga. Kugirango bahaze ubwikunde n'ubwibone bwabo, abategetsi b'ibihugu babiba imbuto y'urwango n'inzangano hagati yabatuye isi kandi baricana.

Ndetse n'abahagarariye siyanse, bakuraho ibyiyumvo byose byimbabazi nubumuntu, bakoresha bidasubirwaho izina ryera rya siyanse kugirango barusheho inyungu zabo bwite kandi babikora basahura abantu muburyo bubi.

Kimwe mu bimenyetso bitangaje byerekana ubujiji no gusubira inyuma w'umuntu "ufite umuco" w'iki gihe ni uburyo bwe ku kibazo cya kanseri. Amaze imyaka itari mike, ashakisha icyateye no kuvura amakuba akomeye mu bintu bimwe na bimwe by'imiti, kandi aracyakomeza ubwo bushakashatsi butagira ubwenge.

Ni muri urwo rwego, nerekanye ibimenyetso simusiga ku bayobozi benshi b'isi mu myaka ine ishize. Uyu muni, nongeye gutanga ibyo bimenyetso, muburyo burambuye kandi bwongerewe, bigaragazwa n'ingeri nyinshi zifatika. Kuki minisiteri zitandukanye zubuzima nizindi nzego zibishinzwe zihagarara kure kandi zititaye kubantu? Kuki abantu bakomeza gusenya biteye ubwoba ibiribwa bisanzwe? Kuki b

komeza wuzuze ibitabo byabo, ibinyamakuru nibinyamakuru ibyifuzo bivuguruzanya
kandi byangiza bya vitamine mbi nibiryo byihariye?
Umutimanama nubuntu byumuntu birihe? Ahantu bita umuco?

Reka abakomeza kuvuga kuri civilisation babigaragaze
bo ubwabo bafite umuco uhagije kugirango basobanukirwe n'amategeko
yibanze ya kamere kandi basobanukirwe nicyo bivuze kubohora abantu
indwara zose, kwikuba kabiri ibyateganijwe mubuzima, kwikuba gatatu cyangwa kane
mubuzima.

Ni muri urwo rwego, urugero rubabaje rwo kunyereza cyane uburenganzira
bw'abandi byaturutse i Los Angeles ya kure mu myaka ibiri ishize. Nyuma yo
gusoma igitabo cyanyje cya mbere cyicyongereza, umudamu wo muri
Californiya, Madamu H. Bulbeck, yafashe indyo yuzuye yo kurya mbisi.
Ashishikajwe n'ubumuntu bw'igitekerezo, atumiza kopi 30 z'igitabo maze ahitamo
gukwirakwiza ubutumwa bwiza mu nshuti ze ndetse n'imibanire ye. Hagati
aho, amaze kumenya ko umuntu witwa John Martin Reinecke yanditse ingingo
zerekeye "akamaro" k'ibiribwa bibisi mu kinyamakuru "Reka tubeho" i Los Angeles,
amwandikira ibaruwa amuha ibisobanuro by'uburyo bwe bwo kwivuzza no gukira
gukurikira we n'umugabo we indwara zose bari bafite.

Nyuma yo gusoma ibitabo byanyje, abarwayi benshi kwisi yose bahisemo
kurya mbisi kandi kubwibyo bakize indwara nyinshi zikomeye, uhereye kumutwe
woroheje no kurwara igifu, indwara zifata umutima na kanseri. Abarwayi, mu myaka
yashize nta nyungu bakuye mu nama z'abahanga "bafite ubumenyi buhanitse",
kandi benshi muri bo bakaba barasohowe mu bitaro nk'indwara zidafite ibyiringiro,
bongeye kugira ubuzima bwiza mu mezi make none barabishoboye. wishimira
imigisha yose yubuzima bukora.

Umuntu ureka ibiryo bitetse nibindi bintu bifite uburozi ntakingira indwara
zose kandi arashobora kwizera afite imyaka myinshi yubuzima bwimbaraga
nimbaraga, nta muvumo uhoraho indwara. Mugice gikurikira cyiki gitabo,
umusomyi azasanga a

guhitemo amabaruwa menshi nakira buri munsu kubarwayi bahoze bahangayikishijwe no gufasha abandi mvuga ibyababayeho. Ni muri urwo rwego Madamu Bulbeck yahisemo kwandikira Bwana Reinecke.

Uwo munyacyubahiro yirengagije uburenganzira bwanjye ku gitabo cyanjye bwite, akoporora ijamba kubwijamba buri kimwe muri bitandatu ntarengwa byatanze ku gifuniko cyigitabo cyanjye! kubashyiramo mu numero ya Gashyantare na Mata, 1965 ya "Reka tubeho" Ikinyamakuru nkigice cyikiganiro cyiswe "Adventures in Raw Foods", noneho atanga igitekerezo cyo kugurisha andi makuru ku giciro cyamadorari 5. Ariko igishimishije cyane muri byose ni uko mu nyandiko ibimburira abanditsi b'ikinyamakuru bemeza ko ibyo bikubiyemo ari iby'umwanditsi w'ikiganiro! Abantu ntibagomba gusoma igitabo nka "Reka tubeho" Ikinyamakuru, kibaho kumatangazo ya vitamine yubukorikori hamwe n "imyiteguro".

Ubu hashize imyaka irenga icumi, naretse ubuzima bwimibereho kandi niyambuye umunezero wose. Nagize ubushishozi cyane kubijyanye n'umuryango wanjye ndetse nanjye ubwanjye ibyo nkeneye, ariko sinatindiganyije akanya ko gukoresha amafaranga yanjye yose nizigamiye mugukora ubushakashatsi no gusohora ibitabo, kopi 10,000 zanjye namaze gutanga kubantu, mumiryango yubumenyi. n'abantu ku giti cyabo mu mpande zose z'isi. Natanze ibyo bitambo kugirango nereke isi yose inzira nyayo yubuzima bushimishije kandi karemano, kandi mugihe cyose nigaragambije numutima wanjye nubugingo bwanjye kwirinda kugurisha inama nkizo kum

Ariko uyumunsi Bwana JM Reinecke, akoresha inyungu zanjye ibitekerezo byanjye nibishoboka, arasaba amadorari 5 \$ kugirango yereke abantu kurya. ibiribwa bisanzwe! Ibi, mubyukuri, ibintu bibangamira cyane ikibazo.

Dore ibice byakuwe mu ngingo ebyiri za Bwana Reinecke:

REKA

Gashyantare, 1965:

INYIGISHO MU BURYO BWA RAW NA JOHN MARTIN REINECKE

Umunyamerika watangije imbuto na Explorer

UBURENGANZIRA BWO KUBESHWANA N'UMWANDITSI

Y muri uruhererekane rw'ingingo umwanditsi atanga ibitekerezo bye ukurikije ubushakashatsi bwihariye, wongeyeho ibyamubayeho byinshi mugihe yabaga kandi yiga abantu bo muri byinshi - indyo yabo y'iburyo bibisi n'imbuto zitanga ubuzima. - NdI.

Ibinyo bibisi bigomba kuba intungamubiri zonyine zafashwe numuntu. Kurya ibinyo bitetse ni ingeso idasanzwe igomba kuva kuri iyi si niba ubuzima bwiza bugomba kugeraho. Intungamubiri z'umuntu zigomba kuba zigizwe na selile nzima gusa, kuko ibinyo bitetse niyo ntandaro yindwara zose zabantu. Kurya ibinyo bibisi bikura abantu muburwayi bwose kandi byongerera igihe ubuzima bwabantu kugeza kumyaka 140 cyangwa irenga.

Nibyaha bibi cyane kumenyera umwana wavutse kurya ibinyo bitetse, kuko aribwo ibibazo byose bitangiyemo (Reba igifuniko cya "Raw-Kurya" igitabo cyambere). Abahanga mu binyabuzima bagomba kwerekana ko ibidukikije byakoze amakosa yo kutatugezaho ibinyo muburyo butetse. (Igitabo cya mbere, p. 32). Uruhinja rusanzwe rwanga uburyohe bwibinyo bitetse, bigaragara ko bifuzaga gusa kurya ibinyo bitetse, nkuko opium isa nkiyishimisha umuntu wabaswe nibiyobyabwenge. (Igitabo cya mbere, p. 33). Umuriro wigikoni urashya kandi ugasenya 90 ku ijana byagaciro kibinyo byiza. (Igifuniko cy'igitabo cyanyije cya mbere).

Mata, 1965 :

Ubwa mbere, bisa nkaho bidashoboka ko dushobora kwigobotora indwara hafi ya zose turya ibinyo bisanzwe. Ariko ikigaragara ni uko "bidashoboka" bihinduka ukuri kugeraho ... (Igitabo cya mbere, p. 45).

Bikwiye kuba inshingano z'abahanga mu binyabuzima n'abahanga gushishikariza abantu kurya ibintu bisanzwe; ntabwo gutandukanya ibigize intungamubiri bigize ibinyo, ariko burigihe kubirya hafi byuzuye bishoboka muburyo busanzwe buringaniye ndetse no mubuzima bwabo, bubi. Abahanga naba biyoboye ntibagomba na rimwe kuvugaga ku kamaro ko gutandukana

itungamubiri z'umuntu ku giti cye, ariko zigomba gushimangira akamaro k'ibiribwa byuzuye.

INCAMAKE

Muri rusange, siyanse yimirire yose irashobora gukusanyirizwa mubice bibiri byingenzi kandi bigatera impungenge abantu bose:

1. Intungamubiri zabantu zigomba kuba zigizwe rwose ningirabuzimafatizo nzima. Gusa ibyo biribwa bigizwe na selile nzima bifite imico yose ikenewe kugirango uhaze ibyifuzo byibinyabuzima byabantu.

2. Hariho ibimera byimboga bisanzwe kandi byahisemo muri kamere. Imboga zimboga zuzuye kandi zifite intungamubiri nyinshi nubwoko bwiza bwimbuto, imboga rwatsi, imbuto, ibinyampeke n'imizi.

Muri make, umuntu agira ubuzima bwiza iyo agaburiye ibiryo bibisi gusa; ararwaye ku buryo anywa ibiryo bitetse; kandi apfa iyo abeshwaho gusa nimirire nkiyi. (Igitabo cya mbere, p. 24).

Gusozza inyandiko yanditswe n'Umwanditsi w'ikinyamakuru:

Kubera igitutu cyimirimo ntibizashoboka kuri Bwana Reinecke gusubiza inzandiko. Akimara kubona amatorari 5 azaguhereza ibyokurya bye bya buri muni-biyobora hamwe na resept za Amerika na Tropike hamwe nicyerekezo cyuzuye. Ibi ntabwo biri mubitabo. Ohereza kuri ... - Ndlr.

Kenshi na kenshi twashimangiye ko imbuto zose, imboga n'imbuto ari ibiribwa byuzuye byujuje ubuziranenge, bifite intungamubiri zisa. Kubwibyo, "menu-kuyobora" hamwe nibubuzo byitungamubiri mbisi nta gaciro na siyansi cyangwa imirire bifite. Numuntu utazi ubwenge arashobora gutegura gahunda ye yimirire, akayoborwa nigitekerezo cyo kurya no kumva uburyohe.

Nkimara kubona nimeru yo muri Gashyantare yikinyamakuru, nandikiye ibaruwa Umwanditsi, Bwana Kay K. Thomas, nizera ko azishimira kurengera uburenganzira bwanjye mu bihe biri imbere:

Ku ya 21 Mata 1965:

Bwana Kay K. Thomas, 1133 N. Vermont Ave., Los Angeles, Calif.

Nyakubahwa,

Natunguwe no kuba nasomye muri nimeru ya Gashyantare "Reka tubeho" ingingo ya Bwana John Martin Reinecke yise "Adventures in Raw Foods", aho umwanditsi yandukuye ijamba ku jamba intego ku gifuniko cy'igitabo cyanyije, "Kurya Raw", kandi yabahagarariye nkibirimo. Nyamuneka ukosore uku kutumva mu nomero yawe itaha kandi ubigiranye umutima mwiza ufate ingamba zo gukumira ibintu nk'ibi mu gihe kizaza.

Arshavir Ter Hovannessian

Kubwamahirwe, nyuma yuko kumwe, nabonye igisubizo gikurikira kidashimishije, aho hashyizweho ingufu zose kugirango cyera Bwana Ubuhemu bw'ubuvanganzo bwa Reinecke:

Ku ya 12 Gicurasi 1965:

Arshavir Ter-Hovannessian Kakh Avenue 21, Umuhanda wa Peshan, Tehran, Ubuperesi.

Nyakubahwa:

Kubyekeye ibaruwa yawe yo ku ya 21 Mata twandikiye Bwana John Martin Reinecke kubisobanuro kandi nibyo yatugiriye inama;

Ati: "Nasuzumye igice cyanyije cyo muri Gashyantare nsanga nta hantu na hamwe nigeze nandukura ijamba ku ijamba igice icyo ari cyo cyose mu magambo ya Bwana Ter Hovannessian. Ibyo mvuga byose kubiryo bibisi nibitekerezo byanyije n'amagambo nakusanyije kuva mumyaka 25 y'uburambe hamwe no kwiga. Niba hari ibyo navuze bisa nkibye, noneho birahurirana gusa ntabwo ari nkana.

Ati: "Ndakeka ko mfite kimwe mu byegeranyo byuzuye byibitabo byibibwa bibisi mu gihugu, kandi muri byo nsangamo kopi y'agatabo ke.

Iyo nza kuyandukura, nari kumuha inguzanyo. Ndibuka ko agatabo ke nahawe n'inshuti hashize umwaka; kandi ko nohereje Bwana Ter-Hovannessian \$ 10 kumwoherereza udutabo twinshi kubinshuti zanjye. Hari hashize ukwezi. Kugeza ubu sinigeze numva Bwana Ter Hovannessian cyangwa amafaranga. Niba adashaka kunyohereza udutabo, noneho agomba gusubiza amafaranga yanjye, kuko ndashaka kuvuga ikinyabupfura gusa n'ibyiza byo gukwirakwiza inyungu z'ibiribwa bibisi byarokoye ubuzima bwanjye mu myaka 25 ishize. '

(yashyizweho umukono) John Martin Reinecke "Mubihe no muri reba amagambo Bwana Reinecke yavuze ko adakwiriye intego ziri ku gifuniko cy'igitabo cyawe, "Kurya Raw", ntabwo twigeze tubikora gukosora MUREKE Ikinyamakuru LIVE.

(yashyizweho umukono) KAY THOMAS, Ubwanditsi-Umwanditsi.

Mu gusubiza izi mpaka ahubwo zoroshye nohereje ibaruwa ikurikira:

Ku ya 27 Gicurasi 1965

Bwana Kay Thomas, Ubwanditsi-Umwanditsi. Nyakubahwa:

Mbabajwe no kubamenyesha ko ntabona igisubizo cyawe cyo ku ya 12 Gicurasi ku ibaruwa yanjye yo ku ya 21 Mata ko gishimishije.

Mfashe ikinyamakuru cyawe kuba nyirabayazana wa Bwana Reinecke kunyereza ibitekerezo byanjye n'intego zanjye kandi nkagira uburenganzira bwo gusaba kunyurwa.

Uragerageza gutsindishiriza uburiganya rusange bukorwa na Bwana Reinecke, ninde ikomeje kugurisha ibitekerezo byanjye kumadorari atanu igice. Iyamamaza ryanjye ahanini rigamije kunyaga.

Ku bijyanye n'amadorari 10.00, Bwana Reinecke avuga ko yohereje nyewe ntegekanya ibitabo, Mbabajwe no kuvuga ko ntamafaranga cyangwa ibaruwa namwandikiye.

ATERHOV

Izi nzandiko zarangiye igihe Madamu Bulbeck yangiriye neza kunyohereza nimeroyi muri Mata y'Ikinyamakuru "Reka tubeho", aho, nk'uko byagaragaye haruguru, hari n'ingeri nyinshi zitangajwe z'ubuhemu bw'ubuvanganzo. Nsigiye umusomyi guhitamo niba "ibisa" hagati yinyandiko zanyije ngingo za Bwana Reinecke ari impanuka cyangwa nkana.

Muhinduzi ntashobora gukuraho inshingano kumutugu, kuko yari azi neza igitabo cyanyije, cyari kimaze gusubirwamo mu kinyamakuru cye amezi menshi, mu gihe Bwana Reinecke ituma ibintu birushaho kuba bibi kubera urwitwazo rudafite ishingiro. Kubijyanye n'ikibazo kidahwitse cyamadorari icumi avuga ko yanyohereje, ndasaba kumugaragaraho kumenya izina rya banki cyangwa uburyo yaba yaranyohereje amafaranga, nta makuru mfite.

Ibyifuzo byose byokurya byihariye bigomba guhanagurwa rwose kure y'isi. Abantu bakwiye kumenya neza ko ibiryo bitetse BIDATANGA ICYEMEZO CYOSE CYANE kandi ko UMUNTU SI CARNIVOROUS. Hejuru yibi, REKA BURI MUNTU KURYA ICYO AKUNDA KANDI MU BURYO BWO YIFUZA. Iki kibazo rwose kuburyohe bwa buri muntu.

"Abashinzwe imirire" bitiranye ubwonko bwabantu bafite urutonde rurururu rwibisobanuro na menus, kuburyo abantu benshi batekereza ko nanjye ndi muri ubwo buvandimwe bw'abahanga", bityo bakanyandikira ngo mbasabe gahunda yo kurya. ibiryo bisanzwe. Hano ndashaka gufata umwana wo gutanga igisubizo rusange kuri bose.

Kuva ubu, ntihakagombye kubaho gahunda yihariye yimirire, ibyifuzo cyangwa gahunda kuri buriwese. Ikiremwa muntu kigomba kurya icyo ashaka cyose, igihe cyose abishoboye kandi nkuko ibyifuzo bya bisaba, nkuko ibindi binyabuzima byose bibikora, kuva ku kimonyo kugeza ku nzovu Izindi nyamaswa, ariko, mubisanzwe zigomba kunyurwa nibikoreshe nkibyo byoroshye kuri bo; Gereranya clover, nyakatsi,

ibihuru by'imisozi, amababi y'ibiti n'amahwa yo mu butayu hamwe n'ibinyampeke, imbuto, imboga n'imbuto.

Urya mbisi arashobora kurya rimwe kumunsi cyangwa inshuro icumi kumunsi; arashobora kugaburira ku bwoko bumwe bw'imbuto cyangwa ubwoko ijana. Duhereye ku buzima ntacyo bihindura, kuko buri muntu ku giti cye ibiryo byimboga mbisi byafashwe ukwe bitanga intungamubiri zuzuye ubwazo. Urya ibiryo mbisi ntagomba kuyoborwa nurutonde rwibyifuzo bya "siyanse" cyangwa "indyo yuzuye", ahubwo akurikiza ibyifuzo byinshi na palate, bizahora bimuyobora muburyo bwo guhitamo intungamubiri karemano. Inzira yizewe, yizewe kandi yoroshye ni ukurya ibiryo byacu muri leta ibidukikije byateguye bikatugezaho, nukujanjagura munsi y amenyi yacu. Ariko niba hari umuntu ufite umwanya ninyidagaduro yo gutegura salade nibindi biryo bivanze, agomba kubirya

ako kanya nyuma yo kwitegura, naho ubundi mugihe cyigihe umuntu azayoborwa yerekeza kubintu bishya byibiribwa.

Abantu ntibagomba kongera gusoma ibitabo bivuga kuri etiologiya yindwara zabantu ku giti cyabo, gusuzuma, kuvura, ibiyobyabwenge, vitamine, imyunyu ngugu, proteyine, hydrotherapy, electrotherapie nibindi bisa, kuko indwara zose zikomoka kumpamvu imwe kandi zifite uburyo bumwe bwo gukiza .

Ibikomoka ku bimera byinshi, ndetse n'abatari ibikomoka ku bimera, bagerageza kurya a imbuto nkeya kurenza ibisanzwe zifite igitekerezo cyo kwifata nkabarya mbisi. Ntamuntu numwe, ushobora kwiyumvamo kurya-mbisi aramutse afashe ifunguro rimwe ryatetse mukwezi, kuko murubwo buryo ntazigera ashobora kwigobotora burundu indwara. Ni ukubera ko mubyciro byambere byo kurya mbisi umubare munini wingirabuzimafatizo zirwaye zishobora kugwa mubitotsi kandi bikongerera kubaho muri iyo miterere igihe kinini. Ifunguro rimwe gusa ryatetse mukwezi rirashobora noneho kuba rihagije kubyutsa no kubaha amahirwe yo kongera kugwira. Iyo urya mbisi akimara gufata ifunguro ryibiryo bitetse, byanze bikunze aha izo selile zirwaye intungamubiri nshya kandi akabaha ubuzima bushya. Kubera iyo mpamvu, iyo umuntu adashoboye kwigobotora burundu icyorezo cyindwara, agomba

shakisha icyabiteye muri ibyo byaha rimwe na rimwe kandi nta kindi gihembwe. Ntabwo hashobora kubaho gutsindishirizwa na gato kuri ibyo bisanzwe.

Imwe mungingo zidafite ishingiro zirwanya kurya-mbisi yuzuye, rimwe na rimwe ikangeza mu bihugu bimwe byo mu majyaruguru na cyane cyane mu Bwongereza, ni itandukaniro ry'ibihe. Igihe cyose umuntu ashoboye kubona intoki nkeya, ntihashobora kwibazwa ikibazo cyo kubura intungamubiri karemano mugihugu icyo aricyo cyose. Uretse ibyo, urebye ko ibiryo bitetse bidatanga intungamubiri nkeya ku binyabuzima by'abantu, hagomba kubaho bihagije ibiribwa mu turere twose tw'isi niba abantu bashoboye kwikenura no gukomeza ubuzima. Mugukuraho amafunguro yatetse mumirire yacu, ntacyo dukuraho agaciro kintungamubiri zitungamubiri zacu; muburyo bunyuranye, twibohoye ibikoresho byuburozi kandi byangiza. Ubusobanuro bwuzuye bwuku kuri burashobora gushimwa gusa numuntu wishimiye inyungu zo kurya mbisi mumyaka itari mike. Izo "siyanse" zose zerekana ko abahanga mu binyabuzima bagerageza kwerekana ibiryo bitetse kuko intungamubiri ari ibitekerezho bidafite ishingiro no kwibeshya.

Nkuko ibintu bihagaze, muri kano kanya hari ibihugu bimwe aho abantu barwaye "ibura" ryibiribwa kandi bakaba bahorana ubwoba bwinzara, mugihe gutangaza kumugaragarar aribyo byose bikenewe kugirango igitangaza cyari gitegerejwe cyo kuzana ubwinshi mwisi. Kubwamahirwe make, iri tangazo ryoroshye kandi ryumvikana ko GUTWARA BITANGA AMAFARANGA YISANZWE KANDI BIGANIRA MUBIKORWA BYINSHI ntaho bigaragara, nubwo bwose mumwaka wa 1963, nazanye uku kuri kudashidikanywaho kubayobozi bose bayoboye ninzego zubumenyi za siyanse. isi. Iki nikimenyetso cyerekana uburyo bwibasiwe cyane nubumuntu muri iki gihe mubujiji, urwikekwe, imiziririzo ndetse n'ibiyobyabwenge biteye ishozi. Amagambo nkubusabane niterambere arangurura amajwi iyo akoresheba kubantu batitaye kubyo byose byavuzwe kandi byanditse, baracyanga kwemeza ko guteka ari ibikorwa bidasanzwe kandi byangiza.

Bavuga ko abahanga mu binyabuzima bateye imbere mu bumenyi bwabo. Kuri nje mbona uko batera imbere, bagomba kurushaho kumenya ko ntacyo bazi. Kandi iyo bageze kurwego aho bemera kubantu ko kurwanya ubwenge nyabwo bwa kamere ubumenyi bwabo butarenze gusebanya, birashobora rwose kwemerwa ko hari ibyo bize.

Ntabwo muri abo bahanga mu binyabuzima "binjiye mu bumenyi no mu gihe cya none" duhura na ba sokuruza bubahwa babayeho imyaka 140 cyangwa 150. Duhura nabantu nkabo kure cyane yikigo kinini cyo kwigiramo, mu gituzi cya kamere, aho usanga badakingiwe igice kibi cyatewe nibiyobyabwenge nibiribwa byangiritse cyane. Igihe kingana iki kandi ubuzima bwabo bwaba bumeze gute, baramutse barokotse ndetse no kwangirika kubice ibiryo byabo bikorerwa muri iki gihe. Ikimpa uburenganzira nubutwari bwo guhangana hafi yigitekerezo cyubu cya siyanse yubuvuzi nukuri ko KURYA 100 CYANE KURYA BISHYIRA BURUNDU BURUNDU INDWARA ZOSE ZITANDUKANYE KANDI ZISANZWE. Gerageza, kandi uzemezwa.

Ntabwo ndakabya iyo mfashe nk'abicanyi n'abagizi ba nabi abo bantu bose, bitwaje urwitwazo runaka cyangwa izindi, babuza abarwayi n'abafite ubumuga NUTRIMENTS ZA KOKO - imboga n'imbuto nshya - aribwo buryo bwiza bwo kugarura ubuzima bwabo bwatakaye. . Bitewe n'ubujiji bwabo bubi abo "bahanga bize" bakoze ubwicanyi bukabije kuruta Attila cyangwa Hitler. Mubyifuzo byabo byubupfu bishe miriyoni zabantu, umunsi kumunsi, nta gutabarwa cyangwa kuruhuka. Mu bagizi ba nabi basa n'abatazi ubwenge harimo abakora nogukwirakwiza imiti, ibinyobwa, itabi, hasi yatunganijwe, umutsima, inyama, ibiryo, isukari, icyayi, ikawa hamwe nibindi bicuruzwa byangiza nkibi. Uruganda rwose rutanga ibintu bidasanzwe, byangiritse byangiza ikiremamuntu kuruta ibisasu bya kimbuzi.

Ndasaba abantu bose b'ikiremhamuntu gukora uko bashoboye kugira ngo bamfashe kwamamaza uku kuri haba ku ijamba rivuzwe ndetse no mu bitabo byanyije.

Abo barya mbisi bakize indwara zabo bafite inshingano zidasanzwe zo gushyira amakuru arambuye yo gukura kwabo mu bitangazamakuru ndetse n'inzego zose zibishinzwe.

Hanyuma, ni inshingano z'abanyamakuru gutangaza incamake y'ayo magambo mu nkingi z'ikinyamakuru cyabo, kandi bagasaba kumenya impamvu abayobozi bakomeje kudakora neza.

IGICE CYA GATATU

Ibyagezweho byo KURYA-KURYA

Abasomyi benshi banyandikira amabaruwa kugirango bambaze intsinzi yagezweho no kurya-mbisi. Kugirango bahaze amatsiko Nishimiye kubaha amakuru afatika.

Umwaka umwe nyuma yo gusohora umuzingo wa mbere wikinyarumeniya akazi mu 1960, nasohoye igitabo kigufi mu Giperesi, muri byo natanze kopi 4000 z'ubuntu mu bigo bitandukanye, abayobozi ndetse n'abanyamakuru. Ibinyamakuru n'ibinyamakuru bya Tehran byahaye igitabo igitabo cyakira neza kandi benshi muribo banditse ibisobanuro birebire bijyanye.

Igitabo cyitabiriwe cyane mu nkiko. Uwiteka umugabo wa Nyiricyubahiro Princess Shams Pahlavi, Bwana Mehrdad Pahlbod, ubu akaba ari Minisitiri w'umuco, yantumiye mu rugo rwe ambwira ko igitabo cyanyije cyubahirijwe na Shah (umwami MohamadReza Pahlavi), wamutegetse kurushaho gukora kubaza kubyerekeye ingingo. Nejejwe no kwandika ko nagiranye inama esheshatu cyangwa zirindwi na Bwana Pahlbod. Umunyamabanga mukuru w'umuryango w'intare n'izuba, Dr. Abbas Naficy, n'umuyobozi w'ibitaro by'ababyeyi ba Khajenouri, Dr. AbulGhasem Naficy,

nabandi bahanga benshi bayoboye bashimye ibitekerezo byanjye bansezeranya ubufatanye bwabo.

Hatanzwe amabwiriza yo kurera abana batari bake muri imwe mu bigo by'imfubyi barya mbisi. Byongeye kandi, amahame yo kurya mbisi yagombaga gukurikizwa mu kuvura abarwayi muri kimwe mu bitaro by'abana ndetse no kuvugurura imirire y'imwe muri pepiniyeri y'umunsi. Kubwamahirwe, mubikorwa nyabyo nahuye nimbogamizi zitandukanye. Bidatinze, naje guhura imbaga nini n'abaganga n'abayobozi bafite urwikekwe, abo nagombaga guhuza ibitekerezo bishya. Ntabwo byari umurimo woroshye. Ibintu byose byatinze ku buryo narushye nkareka kugerageza nicuza cyane.

Uku kunanirwa kwarushijeho kuba mubi, kubera ko narebye hafi aho uburyo, bitewe nimirire idasanzwe, impinja muri pepiniyeri zakomeje kuba intege nke kandi zirwaye, mugihe mubitaro bashingiraga kuri vitamine artificiel, ibiyobyabwenge byuburozi na proteine zinyamaswa kugeza gutabarwa mu maboko y'urupfu abo bana bafite intege nke, bananutse, babuze amata ya nyina nitungamubiri karemano, bari bafite amata yumye numugati wera nkibanze. Ntibikenewe ko wongeraho, ntabwo igitekerezo cyatanze kubikenewe byimirire karemano, itagira amakemwa.

Ariko iyo mibonano, kimwe no kuba narahari mu nama nyinshi zubuvuzi, byanyigishije amasomo menshi yingenzi. Mbere na mbere, nasanze ko nubwo ibitekerezo nashyizeho nanjye ari amategeko y'ibanze kandi yoroshye ya kamere, arigogorwa kandi akijyana gusa nabantu bafite amashuri makuru ahuye nubwisanzure bwo guca imanza no kwigenga mubitekerezo. Umuntu ufite ubwenge buciriritse ntashobora gutekereza ko bishoboka ko umulayiki ashobora guhindura siyanse yubuvuzi yose yiki gihe no kwitiranya imyumvire yimirire iriho mubumenyi bwa siyansi.

Niyo mpamvu nahisemo gusohora igitabo kigufi mucyongereza kandi uyishyikirize urwego rwo hejuru rwa siyanse na politiki. Ntsinze ingorane zikomeye cyane, nakoraga amasaha 16 kumunsi kugirango nandike igitabo, nyuma yacyo ndagihindura mucyongereza ndagisohora muri

1966. Mubyukuri nasinyiye ibitabo byinshi kandi mpambira ibaruwa iherekeza kuri buri kimwe. Natekereje kuri ubu buryo bwihuse kandi bukwiye bwo kwamamaza ibitekerezo byanjye muburebure n'ubugari bw'isi.

Ibisubizo byarenze ibyo nteganya cyane. Amabaruwa n'ibinyamakuru ibihumbi n'ibihumbi nakiriwe mu mezi make yakurikiyeho byanteye gushidikanya ko igitabo cyanjye cyasomwaga nshimishijwe n'abayobozi bose bakomeye ndetse n'abayobozi ku isi, benshi muri bo bakaba bashimangiye nta gushidikanya ukuri kw'ibitekerezo byanjye.

Mu myaka yashize, ntabwo nibagiwe ibikorwa byanjye byimibereho gusa, ahubwo naretse rwose ubucuruzi bwanyje bwite kugirango niyegurire ibitabo byanjye amanywa n'ijoro. Nyamara, igitangaje nukuvuga, hariho abantu batekereza ko naretse ubwenge bwanyje, kubera ko, aho gukusanya ubutunzi no gutesha igihe cyanjye cyo kurya, kunywa no kwinezeza, nkoresha amafaranga yose nabitse mu gutangaza ibitabo bimwe na bimwe. , ibyo nkwirakwiza kuri bose kubusa.

Ariko uko mbibona, nta byishimo mubuzima biruta kunyurwa biva mu murimo utarangwa n'ubwikunde kuri mugenzi wacu. Abantu bubaka inyubako za palatale kandi bashimishwa no kubona. Noneho, buri baruwa menshi yo kwishima, gushimira no gushimira ko nakira buri munsu kuva impande zose zisi ifite agaciro kuzuye kubwinyubako. Kandi iyo ibaruwa yaturutse kumuntu wakize indwara ikomeye ninama zanjye kandi akamfata nkumukiza we, nta karimbi cyangwa imipaka bigarukira kumunezero wanjye, ibyo bikaba byiyongera cyane mukumva ko ibyo byose byabaye bikoze nta gihembo icyo aricyo cyose.

Umutima wanjye urababazwa amanywa n'ijoro iyo mbona abantu barimbuka ahantu hose biturutse ku rupfu rutunguranye. Ndabona neza ko abo bantu BATAPFA; ubupfapfa BICA BASHOBORA KUBA isahani idasanzwe kandi idasanzwe

ibiryo. Umutima wanjye uva amaraso iyo mbonye umubyeyi ufite ubwoba yambura umwana we winzirakarengane imbuto nziza kandi amushyira mu ntoki umugati wica, amata ninyama aho.

Mu gitabo cyanjye cya mbere cyicyongereza, nari narakoze muri make hafi ya yose ibibazo bijyanye. Muri iki gitabo, nongereye bimwe mubyo navuze mbere kandi navuze ku bibazo byinshi by'ingenzi ku burebure bunini, bituma isomo ryumvikana kuri rubanda rusanze. Mbere yo kugeza igitabo ku mwanzuro, ariko, ndashaka kumenyesha abasomyi kwakira abantu bahawe igitabo cyanjye cya mbere cyicyongereza, ndetse nibindi bitabo byanjye.

Kopi y'urwandiko rwanjye rwandikiwe abategesi n'abandi bayobozi bakomeye ku isi

Nyamuneka nyubahe nemera kopi yishimwe yigitabo cyanjye nise "Kurya Raw". Ndizera mbikuye ku mutima ko uzabona ko bishoboka gukoresha amasaha make yawe y'agaciro mugusoma igitabo.

Kubijyanye nibiryo bitetse nkibiryo bisanzwe byabantu, abantu muri rusange bafashe buhumyi umuhanda wica ujya kurimbuka.

Kwemeza ibitekerezo n'ibitekerezo byasobanuwe mu gitabo bizagirira akamaro kanini imibereho yigihugu cyawe.

Amakopi make n'ibikuwe mubisubizo byakiriwe:

Ibaruwa ya Nyakubahwa Bwana Amir Abbas Hoveyda, Minisitiri w'intebe w'Ubuperesi:

Tehran, ku ya 18 Ukwakira 1965

Bwana AT Hovanessian,

"Nakiriye ibaruwa yawe n'igitabo wohereje hamwe. Nubwo nicujije kuba bitewe n'umuvuduko ukabije w'akazi kugeza vuba aha ntabashije kubona umwana wo gusoma igitabo cyawe, ndagushimiye cyane kuba warampaye. "

(Yasinywe) AMIR ABBAS HOVEYDA, Minisitiri w'intebe.

Ambasade y'Abanyamerika, ku ya 29 Kamena 1964.

Nshuti Bwana Aterhov:

Ibaruwa yawe yo ku ya 28 Werurwe 1964, yandikiwe Perezida Johnson yakiriwe muri White House, ndetse na kopi iri mu gitabo cyawe, 'KURYA-KURYA'.

Ambasade yahawe amabwiriza yo kubagezaho Perezida gushimira kubitekerezo byawe mukumuha amahirwe yo kubona igitabo cyawe.

WALTER G. RAMSAY,

Umufasha w'abakozi kuri Ambasaderi, Tehran.

Ikibuga cya Windsor, ku ya 27 Mata 1964

Nshuti Bwana Aterhov,

Ntegetswe n'Umwamikazi kubashimira ibaruwa mwandikiye Umuganwa wa Wales, hamwe na kopi yigitabo wanditse.

Nyiricyubahiro yatekereje ko ari byiza cyane kohereza iki gitabo umuhungu we, kandi ngomba kubohereza umwamikazi mbikuye ku mutima.

MARIYA MORRISON, Ikibuga cya Windsor, Umukeyuru-Gutegereza, Ubwongereza.

Paris, 29 AVR. 1964

Monsieur,

Le General de Gaulle a bien regu la plaquette que vous lui avez
intego yo kubarizwa.

Monsieur le Perezida de la Republique m'a chargé de vous remercier de
l'intention qui a inspire cet anvoi.

(Umukono) Ibanga ryihariye.

Moscou, ku ya 21 Kamena 1964.

Nshuti Bwana Aterhov,

Ndemera kandi ndashimira kwakira igitabo cyawe 'RAW FOOD
NI IHame RY'IMYIDAGADURO ', ibyo ndimo kubitekerezaho n'inyungu.

S. KURASHOV, Minisitiri w'ubuzima rusange, ussr.

Phnom-Penh, le 9 Mutarama, 1965

Monsieur,

Je vous remercie sincerement de votre envoi de l'ouvrage 'KURYA-KURYA'
dont vous etes l'auteur et vous felicite pour les recherches et les experience que vous
poursuivez sur l'alimentation.

Avec tous mes gutera inkunga je vous prie d'agreer, Monsieur,
l'ubwishingizi de ma haute gutekereza.

NORODOM SIHANOUK UPAYUVAREACH,

Chef de l 'Etat du Cambodge.

Phnom-Penh, 11 ""Kamena, 1964.

Nshuti Bwana Aterhov,

Nibyishimo byinshi nakiriye igitabo cyawe cyiza cyitwa
'KURYA RAW'. Izina ryigitabo rimpa amatsiko yimbitse kubirimo.

Nyuma yo kunyura mu gitabo nzi neza ukuri kose wanditse mu gitabo ...

Igitabo ni icy'agaciro kuri nje. Ndayibitse nkurwibutso rutazibagirana
kuri wewe.

Noneho, nshobora gusaba uruhushya rwo guhindura iki gitabo mu
rurimi rwa Kamboje kugira ngo gitange inyungu nyinshi ku gihugu cyanyje. Nizere
ko kuvumbura kwawe gushya kwa siyansi nshya bizahindura impinduka nshya
mubuzima bwikiremamuntu muri rusange.

CHUON NATH JOTANNANO,

Umukuru w'Abamonaki muri Kamboje.

Phnom-Penh, le 25 Juillet, 1964.

Monsieur,

En gushinja kwakirwa de votre manuel `RAW-KURYA 'que vous
avez eu l'amabilité de me faire parvenir, j'ai l'honneur et le plaisir de vous
informer que ce livre m'a beaucoup interesse et je vous en remercie
vivement.

NORODOM KANTOL,

Le Perezida du Conseil des Ministres, Royaume du Cambodge.

INZU YABAZUNGU, ku ya 1 Kamena 1964.

Nshuti Bwana Aterhov,

Urakoze kunyohereza kopi yigitabo cyawe giherutse. Ndareba

imbere kumasaha make yubusa mugihe nzagira amahirwe yo kuyisoma burambuye.

RICHARD W. REUTER, Umufasha wihariye wa Perezida n'Umuyobozi, Ibiribwa bigamije amahoro, Amerika

Luxembourg, ku ya 13 Gicurasi 1964.

Nyakubahwa,

Ba nyakubahwa Bwami Bukuru-Duchess na The Hereditary, Grand-Duke wa Luxembourg, baranshaka ko nemera ko nakiriye ibaruwa yawe nziza yo ku ya 23 Werurwe 1964, ahoherereje igitabo cyawe 'Kurya Raw'.

Ba nyakubahwa Bami bakozweho cyane nubwitonzi bwiza kandi bansaba kohereza. Murakoze cyane. Bazasoma igitabo cyawe bashimishijwe cyane.

Majoro Germain FRANTZ, Umufasha-wa-Nkambi.

Taiyiwani, ku ya 18 Kanama 1964.

Nshuti Bwana Hovannessian,

Nasomye nshimishijwe ibaruwa yawe yo ku ya 12 Gicurasi hamwe na ingano ifunze kuri 'Kurya- Kurya '. Nibyifuzo bikangura ibitekerezo watanze kubantu muri rusange, kandi ndatekereza ko bikwiye gusuzumwa neza nabashinzwe ubuzima bwacu ndetse nabazabakomokaho. Nyamuneka wemere mbikuye ku mutima kubitekerezo byawe munyohereje iki gitabo.

CHEN CHENG, Minisitiri w'intebe wa Repubulika y'Ubushinwa.

Teheran, le 18 Ukwakira, 1964.

Cher Monsieur,

L'Ambassade de la RSF de Yougoslavie a l'honneur de vous informer d'avoir reçu une lettre du Ubunyamabanga Bukuru de la Présidence de la RSF de Yougoslavie par laquelle est confirmée la kwakira du livre RAW-KURYA 'ntukore avez eut l'amabilité d'envoyer au Perezida Tito.

Le Ubunyamabanga Rusange vous remercie cordialement, au nom du Perezida Tito, suka votre igamije intumwa.

VLADIMIR MILOVANOVIC, Umujyanama.

Inzu y'Ubwikorezi, London, ku ya 29 Mata 1964.

Nshuti Bwana Hovannessian,

Byari byiza cyane kunyohereza kopi yishimwe yigitabo cyawe 'RAW-KURYA ', Nzakoresha umwanya wambere wo kwiga amahame yimirire wasabye.

AL WILLIAMS, Umunyamabanga mukuru,

ISHYAKA RY'UMURIMO

Washington, ku ya 15 Gicurasi 1964.

Nshuti Bwana Aterhov,

Urakoze kuri kopi yigitabo cyawe, Kurya Raw ', ibyo mperutse: y nakiriye.
Ibirimo byaragaragaye, kandi ndashimira ibitekerezo byawe byohereje.

**YOHANA M. BAILEY, Umuyobozi, KOMITE Y'IGIHUGU YA
DEMOKARASI.**

Berne, ku ya 26 Gashyantare 1964.

Nyakubwaho,

Twishimiye ko twakiriye kandi twifuje kubashimira kopi y'agatabo kawe yise:

Kurya Raw (ubushakashatsi rusange). Umuntu wese agomba kumenya
ibikoreshe fatizo byumubiri we, 'ibyo twabisomye dushimishijwe.
Hamwe n'ishimwe ryacu,

SWISS FERERAL FERERAL SERIVISI YUBUZIMA,

Umuyobozi ushinze kugenzura ibiribwa, RUFFI.

Port-au-Prince, le 16 Nyakanga 1964.

Nshuti Bwana Aterhov,

Urakoze cyane kubitabo byawe byitwa "Kurya Raw". Iki gitabo kizasomwa
uhereye ku kindi kuko cyakemuye ikibazo kizagirira akamaro igihugu cyanyje muri rusange.

Nizere ko ibyifuzo byawe mubitabo bizahura nu
ibisabwa muri bose kandi bizaba umugurisha mwiza muri uyumwaka.

DEPARTEMENT DE LA SANTE PUBLIQUE ET

**DE LA ABATURATION, GERARD PHILIPPEAUX, UMUNYAMABANGA WA
LETA,**

Republique d'Haiti.

Berlin, ku ya 4 Kamena 1964.

Nshuti Bwana Aterhov,

Perezida wa Repubulika Iharanira Demokarasi y'Ubudage, Walter Ulbricht,
arashimira byimazeyo ako gatabo wamwoherereje.

Nkibisanzwe imvugo yawe irashobora kunengwa muburyo burambuye - ibyinshi muri byo
rwose kuba hejuru yibibazo byose byinzobere: umuganga, umuhanga mu mirire, nibindi.
Turemeranya nawe rwose ko hagomba gukorwa ibishoboka byose kugirango habeho
uburyo bwiza bwimirire.

Guverinoma ya Repubulika Iharanira Demokarasi y'Ubudage, cyane cyane
Minisiteri y'Ubuzima, yitaye cyane kuri iki kibazo. Mu rwego rwo gushyiraho uburyo bwiza bwo
kubaho, hashyizweho komite hano itinze, imwe mu ntego zayo ni ugukwirakwiza amahame
akwiye y'imirire.

HUTH, Umujyanama mukuru, Chancellery ya Leta.

La Habana, 24 de agosto de 1964.

Umuganga wa Estimado:

Acuso recibo de su amable envio del libro 'Raw-Kurya ', gentileza que aprecio muy
kuvaramente y espero disfrutar de su lectura y recoger del mismo, las ibitekerezo y orientaciones
valiosas que su experiencia en esta materia nos trasmite por intermedio de su lectura.

***Dr. JOSE R. MACHADO 'VENTURA, MINISTRO-DE SALUD PUBLICA,
Cuba.***

La Paz (Boliviya), ku ya 10 Nyakanga 1964.

Urakoze cyane kubwikopi ishimishije yigitabo cyawe kuri 'Kurya Raw'. Ntarasoma, kandi nagiye hejuru y'ibice bimwe. Ibitekerezo ubagaragariza birashimishije nubwo bitavugwaho rumwe. Ntabwo ndi mu mwanya wo kubitangaho ibitekerezo, ariko ndashaka kubamenyesha ibyakiriwe igitabo cyawe ninyungu byangiriye.

Dr. GUILLERMO JAUREGUI G. Minisitiri w'ubuzima rusange.

Beograd, ku ya 20 Mata 1964.

Ibi ni ukugushimira kunyohereza kopi yishimwe yigitabo cyawe yise 'KURYA-KURYA', rwose bizatera inyungu nyinshi mubarebwa nibibazo byimirire ihagije.

MOMA MARKOVICH , *Umunyamabanga wa Leta ushinze ubuzima na*

politiki y'imibereho.

Amabaruwa yo kubatera inkunga no gushimira nayo yakiriwe uhereye ku bantu bakurikira:

Umwamikazi w'Ubuholandi; umwami wa Danemarke; Umwami wa Suwede; umwami w'Ububiligi; Antonio Segni, Perezida wa Repubulika y'Ubutaliyani; Adolf Scharf, Perezida wa Otirishiya; Fransico Orllch, Perezida wa Kosta Rika; S. Radhakrishnan, Perezida w'Ubuhande; de Lisle, Guverineri Mukuru wa Ositaraliya; Urho Kekkonen, Perezida wa Finlande; Eamon de Valera, Perezida wa Irilande; P. Van de Calseyde, MD
Umuyobozi w'umuryango w'ubuzima ku isi, Copenhagen, Danimarke; Miss la Marsh, Minisitiri w'ubuzima n'imibereho myiza y'igihugu, Kanada; CH. Shapirah, Minisitiri w'ubutegetsi bw'igihugu, Isiraheli; Alfonso Ponce Archila, Minisitiri w'ubuzima, Guatemala; Abbebe Retta, Minisitiri w'ubuzima rusange, Etiyopiya; Yuichi Saito, Umuyobozi Ushinzwe Guhuza, Minisitiri y'Ubuzima na

Imibereho myiza, Tokiyo; Bwana Mohanlal Vyas, Minisitiri w'ubuzima n'umurimo, Gujarat, Ubuhinde; MacEntee, Minisitiri w'ubuzima, Irlande; Marga AM Klompe, Minisitiri w'ubuzima, Ubuholandi; Giorgio Borg Olivier, Minisitiri w'intebe wa Malta; Gudrun Sanz na Elsie Waerndt, Fondasiyo ya Nobel, Suwede; J. Grimond, Umuyobozi w'ishyaka riharanira ukwishyira ukizana kwa buri muntu London; Pierre Werner, Minisitiri w'intebe wa Luxembourg; Sean F Lemass, Minisitiri w'intebe wa Irlande; Robert G. Menzies, Minisitiri w'intebe wa Ositaraliya; Mehdi Nawaz Jung, Guverineri wa Gujarat, mu Buhinde; Maharaja Bwana Jaya Chamaraja Wadiyar Bahadur, Guverineri wa Madras, mu Buhinde; SK Patil, Minisitiri w'ibiribwa n'ubuhinzi, Ubuhinde; PC Sen, Minisitiri w'Uburengerazuba bwa Burengerazuba, Ubuhinde; William Gopallawa, Guverineri Mukuru wa Ceylon; Lester Pearson, Minisitiri w'intebe wa Kanada; Sampurnanand, Guverineri wa Rajastan, mu Buhinde; Bwana Partap Singh Kairon, Minisitiri w'intebe wa Punjab, mu Buhinde; Robert Fraser, Ikigo cyigenga cya Televiziyo, London: Bwana Sarnoff, Perezida, Isosiyete y'igihugu ishinze gutangaza amakuru, New York, n'ibindi kuri...

Amabaruwa yoherejwe mu bihugu byinshi ariko nkuko mubibona, amwe mu mabaruwa yari yoherejwe ku banyapolitiki bo mu bihugu bidakomeye bafite inzara n'ubukene n'ibindi bibazo kubera politiki yabo y'ibinyoma, itege akaga kandi irwanya ubwisanzure, niba rero bahinduye inzira kandi ufashe ubwoko bwabo noneho barashobora kuba igihugu gikize kandi cyamahoro cyateye imbere. Ibikomoka ku bimera ni urufunguzo kuri bo niba bahinduye inzira.

Amatangazo akurikira yasohotse mu nzego zemewe z'umuryango wa Vagan, mu Bwongereza (Nzeri 1964): "Gutakaza agahinda k'umuhungu we w'umyaka 10 n'umukobwa w'umyaka 14 n'ibyo yamenye ko ari imirire idasanzwe, yatumye Arshavir Ter Hovannessian akora ubushakashatsi bwimbitse bwimirire - ibisubizo biri muri 'KURYA-KURYA', agatabo (7 / 2d) twishimiye kuba twakiriye muri Tehran.

Muburyo bujijura asenya ibitekerezo byacu byose byateganijwe mbere kubyerekeye imirire, ndetse n'ibikomoka ku bimera, hamwe nibiryo byabo bitetse, birashobora kumva bihungabanyeho gato.

Nta buswa bujyanye na vitamine yubukorikori kandi wenda mu gukurikiza byimazeyo ibiryo bibisi ashobora kuba yerekanye inzira izenguruka bogey ya vitamine B12 hamwe na vitamine 'zingenzi'.

Ntidushobora gutanga ibitekerezo bye, ariko mukobwa we, ufite imyaka itandatu Anahit, utarigeze anywa ibiryo bimwe na bimwe by'ibiribwa bitetse cyangwa byangiritse mu buzima bwe, ni gihamya yerekana ko indyo yuzuye yagiye ihinduka, kandi ibyo twavuze hano ... "

Hanyuma basohora, byuzuye, umugereka watanze kumpera ya igitabo, kimwe n'ishusho ya Anahit.

Wilmslow, ku ya 20 Mata 1964:

Urakoze cyane kubwizeye yawe yohereje kopi yo Kurya '. Nzi neza ko igitekerezo ari cyiza kandi tuzi imico nini yo gukosora indyo yuzuye.

Niba ukunda kunyohereza ifoto yumukobwa wawe mwiza Anahit

▪

***GEOFFREY L. RUDD, Umunyamabanga & Muhinduzi, SOSIYETE
VEGETARIAN***

Geoffrey L. Rudd, Square Square, Wilmslow, Cheshire, Ubwongereza.

Malaga, ku ya 28 Gicurasi 1965.

Nshuti Nshuti,

Nyamuneka twohereze icyarimwe kopi cumi yigitabo cyiza cyane kuri 'Kurya Raw'. Tuzohereza amafaranga yoherejwe mugihe cyo kwishyura, ku giciro cyo kongera kugurisha. Tuzakora ingendo shuri mu Bwongereza & Wales muriyi mpeshyi, kandi twizeye kuzakoresha igitabo kubwinyungu nziza.

**H. JAY DINSHAH, Perezida, SOSIYETE Y'ABANYAMERIKA, H.Jay
Dinshah, Perezida. Malaga, New Jersey, Amerika**

*Umuhungu wa nyakwigendera Dr. Bircher-Benner, Dr. Ralph Bircher, yashyizemo a
impapuro esheshatu ziyobora ingingo muri DER WENDEPUNKT, urungu rwa
Ivuriro rya Bircher-Benner i Zurich (Gicurasi, 1964), ku mutwe wa "Alles-oder-nichts-
Lehren fibre Ernährung" (Byose cyangwa Ntacyo-Inyigisho za
Imirire), ishobora kuba incamake hafi kuburyo bukurikira:*

"Mu mpande ebyiri zitandukanye z'isi, ebyiri zirwanya rwose
inyigisho zimirire zashyizwe imbere. Muri California, umushakashatsi witwa
Wirtz yahimbye ifu yitungamubiri zidafite uburyohe zivanze n'imiti 48. Hamwe
n'ibi biryo 'bihimbano' akora ubushakashatsi ku bakatiwe 18, kandi adategereje ibisubizo,
ahita atangaza ibyifuzo by'abanyamakuru igihe kitaragera. "Nyuma yo kuvuga bike ku
busobanuro bw'uwo bita umuhanga, uyu musuzuma akomeza ; Ku rundi ruhande,
dufite ku mbonerahamwe yacu yo gusuzuma igitabo gito gifite inyigisho zinyuranye rwose
n'imirire, kigereranya imyumvire ya 'Byose cyangwa Nta na kimwe': Aterhov / Kurya Raw-
Igitabo. Igitabo cyahawe ibitekerezo bifatika, cyanditswemo icyongereza cyiza kandi ni
incamake yububiko bubiri bunini bwa Arumeniya.

Umuntu arabibona muriyo ahari umuhungu wumuco wo hejuru wa Aryana. Hamwe no
kwigirira icyizere gito ... agereranya intungamubiri zimboga nkibyakurira bisanzwe kandi
byonyine bikwiye kumuntu, kandi mugihe cyacu cyo gushaka ubwumvikane abikora
hamwe nubusembwa bushya, bwuzuye bwikirenga bwikirenga kuburyo mubishoboka
byose yakwishura guhindura icyo gitabo gito mu kidage. "

*Nyuma yo gusubiramo ingingo z'ingenzi z'ibitekerezo byanyije umwe umwe,
umwanditsi avuga ibintu bimwe na bimwe bya siyansi bivuganira;*

"Mu myaka mirongo ine ishize, Walter Sommer yibajije impamvu Bircher-Benner
atigeze agera kure mu myumvire ye yo gutangaza ibiryo bibisi intungamubiri zonyine ku
bantu. Gushyigikira Aterhov ni uko ukurikije iperereza rihuterse gukorwa (Reader's
Digest, Mutarama, 1964)

umuntu yabayeho mubyukuri (hafi yera) intungamubiri zimboga mbisi mummya miriyoni nigice bityo rero, umuntu yakwibwira ko yageze kumajyambere yo hejuru. Gushyigikira Aterhov ni imyumvire itangaje yo kutagira uburinganire hagati yintungamubiri na vitamine, 'inzara ikangurwa', 'igihe cyo gutinda (Dammerungszone) mu buzima bubi', uruhare rwa 'terrain' mu ndwara zanduza, ubukungu bukomeye muri metabolisme mugihe cyimirire mishya yimboga, ubusumbane bwibinyabuzima bya poroteyine zikomoka ku bimera, cyane cyane mu biribwa bibisi, ubusugire bw'intungamubiri, butagomba na rimwe guhungabana, ndetse n'icyizere cy'imirire nk'iyi mu gihe isi ibura ibiribwa ku isi. "

Nkuko bisubirwamo, abagabo bazunguruka hagati yizo nkingi zombi zikabije. Kuri we, birashoboka ko ari byiza "kutazigera uruhuka hagati." Kandi agira inama umusomyi guhagarara hafi ya Aterhov kuruta Wirnitz.

Ashingdon, Rochford, ku ya 28 Gashyantare 1964.

Nyakubahwa,

Urakoze kubona igitabo cyawe Raw-Kurya '. Niba uzi urutonde rwacu y'ibitabo uzabona ko twemeranya byimazeyo n'ifatizo ryibanze. Turi mu mpuhwe zuzuye hamwe nigitekerezo cyawe kandi byanze bikunze, ukurikije ibikorwa byiyi Sosiyete, twemeranya nibyo wabonye.

Dukunda uburyo bwawe kubijyanye nibiryo byabana. Ni byiza cyane byiza rwose. Nukuri cyane ko umwana muto agomba kugira uburyohe busanzwe bwimbuto mbisi zinyuranye nkana ibiryo bitetse. Kandi twishimiye uburyo bwuzuye bwo gufata ingingo yawe, kuko mumwanya wimpapuro 53 wazanye rwose kugirango utange ingingo zose zishyigikira, haba mubitekerezo byubuzima bwiza, cyangwa kunesha no / cyangwa gukumira indwara, no gufata Kuri i

ingaruka z'ubuvuzi n'ubukungu, ndetse bikora no ku myitwarire iboneye ku isi muri rusange.

... Kubwamahirwe abashaka kugirira akamaro ikiremnamuntu ntibakira ishimwe nibindi bihembo (bifatika) keretse bakora binyuze mubigo. Bitabaye ibyo, ni iki umuntu adashobora gukora ndetse na kimwe cya cumi cy'ibihumbi magana by'amapound yatanze mu 'bushakashatsi' n'abahanga bakunze gushushanya gusa nyuma y'igihe, nubwo ibisubizo bitagize ingaruka mbi.

***CW DANIEL COMPANY LIMITED Ashingdon, Rochford, Essex,
Ubwongereza.***

Mexico, DF Ku ya 23 Mata 1964.

Nshuti Bwana Hovannessian:

Twakiriye igitabo cyawe RAW-KURYA 'kandi muri a gusa shishoza, ndabona ko bishimishije rwose kandi ko mubyukuri ukora akazi keza ugerageza kumvisha abantu ko icyiza muri byose ari ugukurikiza ibidukikije nta mpinduka zidasobanutse abantu babikoranye.

***Ing. CARLCS PRIETO LOSANO. Umuyobozi mukuru. INTER -
ASSN YABANYAMERIKA. RYA SANITARY ENGINEERING, Alfonso Herrera,
11-103, Mexico 4, DF***

Inzu y'inshuti, ku ya 13 Mata 1964.

Igitabo cyawe kuri Raw-Kurya 'cyaje mu Nama ishinze Serivisi kandi nshishikajwe no kugisoma. Nzohereza kubisomero ryinshuti zumuryango wibikomoka ku bimera, aho nizera ko bishobora kugirira akamaro abandi. Ndabashimira akazi keza mwagiye mukora mubyo mwanditse ndetse no kubaho muburyo bworoshye hamwe nibiryo bisanzwe. Njye mbona ari ikimenyetso cyibyiringiro byo kugaburira isi n'amahoro kwisi. Ndabyizera

bigomba gutuma twumva urumuri rwumwuka. Kugeza ubu ndi 'ibikomoka ku bimera' (ibikomoka ku bimera, ntabwo mfata amagi, amata, ubuki n'ibindi), bityo rero ndaha agaciro ibitekerezo byanyu, kandi nshimishijwe nuko abantu benshi baza kubona ko aribwo buryo bwiza bwo kubaho. Ubu hariho societe zitandukanye, abantu buntu bakomoka ku bimera kandi bakunda amahoro, kandi ibyo bigomba gufasha mubumwe bwisi.

QUEENIE DAWE, Inzu yinshuti, Euston Rd. London, NW1

Isiraheli, ku ya 22 Mutarama 1965.

Nyakubahwa,

Nyuma yo gusoma igitabo cyawe Raw-Kurya ', twifuje gusoma ibindi bitabo byawe mucyongereza ... Niba abantu batekereza gusa bakumva ko bashobora kugira ubuzima bwiza no kwishima nta myanda yose bajyana mumibiri yabo! Uri umuhanuzi w'iki gihe cyacu.

***M. NEZAH, Dr. Ya Naturopathie, Pres. Isiraheli Naturopathic assn.
Isambu ya Nezhah, Mishmar Hashiv'a, Isiraheli.***

Nyakubahwa:

Nasomye igitabo cyawe Raw-Kurya 'kandi ndagikunda cyane. Birashimishije cyane mubice byose, kuko ibiryo bigomba kuribwa nkuko kamere yabyaye.

Ingingo zawe zifatizo nizo nakomeje mu bitabo byanjye no mu nyandiko zanjye, kera cyane ... Ndashaka kubihindura mu cyesipanyoli, niba wemera igitekerezo. Niba udashaka, nyamuneka unyohereze kopi yanjye. Ndimu ndabisubiramo kubinyamakuru byo muri Espagne: Bionomia, byasohotse i Madrid, Espanye ...

A. Severon, Dr. wa Naturopathie, Colunga, La Riera, Espanye.

Boston, ku ya 5 Nyakanga 1966.

Ndabaramukije Bwana Aterhov:

Ufunze uzasangamo amadorari icumi kubitabo birindwi byitwa Raw-Kurya '. Ibi bizasiga amadolari atatu kugirango wishyure ikiguzi cyohereza ubutumwa bwinshi mumatangazo yawe No1 nkuko ubishoboye.

Dushishikajwe cyane namakuru yawe No 1 kuko dufite intego yo kohereza kopi yayo kubantu benshi batwandikira mubibazo byubuzima bwabo. Twumva neza ko bizaba umugisha kubantu benshi.

Tuzabishima niba uzaduha uruhushya rwo gukora kopi ya mimeograf yamakuru yawe ya mbere kuva, byanze bikunze, ntabwo twatekereza kubikora utabiguhaye. Niba uruhushya rutanzwe ntituzongera cyangwa gukuramo ijamba rimwe. Turi Umuryango udaharanira inyungu kandi twifuje byimazeyo gufasha abantu bababaye kubona inzira igaruka kubuzima kamere yashakaga ko tugira. Twizera tudashidikanya ko nawe ushishikajwe nicyifuzo kimwe.

Nizere ko nyakubahwa Bwana Aterhov, uzabitaho wenyine kandi reka nkumve kuri posita yindege byihuse bikubereye kubikora. Tuzabishima cyane niba uzashyira bike mu itangazo ryawe rya 1 mu ibaruwa yawe yo mu kirere. "

***Uwashinze, IZUBA RYIZA, UBUVUZI BW'IGIHUGU- URUBUGA
RW'UBUSHAKASHATSI, INC.***

***Yateguwe mu 1908 nka «Umuryango w'ubushakashatsi bwibanze»
na Nicola Tesla, Thomas Edison na Francis Richards. ANN WIGMORE, DD***

Perezida Nshingwabikorwa, 25 Exeter Mutagatifu Boston

Los Angeles, ku ya 23 Kamena 1966.

Nshuti nkunda Frater:

Umwanditsi aherutse kwigarurira igitabo cyawe cyanditse kandi kimurikira, cyitwa Raw-Kurya ', kandi yishimiye cyane kugitekereza. Yifuje kugushimira byimazeyo iki kiganiro cyize, cyane cyane kubwubutwari bwawe bushigikira ubutwari no kwemeza kurya ibiryo bidatetse, bisanzwe.

Ubu buryo bwimirire bumaze igihe kinini bwiyandikishije cyane, mubyukuri, mugihe yakoraga mugukora ibikoresho byo kuvura amashanyarazi ya elegitoroniki-magnetiki, yanditse indyo nyinshi kubaganga nabaforomo hashize imyaka 40 cyangwa mugihe cya 1926, byasabye ko habaho 'mbisi'. ibiryo mu mirire ya buri muni ...

Umwanditsi kandi yakoze ubushakashatsi burebure mubijyanye no gukwirakwiza amashanyarazi na radiyo, hanyuma nyuma yingenzi mubyerekeranye na chimie yubuhinzi, bitarimo gusa umubare, ahubwo byujuje ubuziranenge kugirango uhuze ibyifuzo byubumuntu muri iki gihe ...

Mbere yo gukomeza, turashobora kubaza niba hari ibyo wabanje umuzingo wanditse mucyongereza? Ikigaragara ni uko imwe muri zo yasohotse mu kinyarumeniya. Niba aribyo, umwanditsi arashaka kwiga kimwe kugirango amenye urwego rwuzuye rwo gusobanukirwa umurimo wawe wubahwa wubutabazi.

Muburyo bwo gusobanura, reka tuvuge ko umwanditsi yitanze umwanya munini nimbaraga zo kurangiza igitabo cyuzuye, kijyanye no gusoza, cyiswe Inkeragutabara zidasanzwe zumuntu ', gikubiyemo ingingo yimbitse ...

Mbere yo guhagarika ubu butumwa, umwanditsi ashobora kuvuga ko igitabo cyawe ari umusanzu w'agaciro ku bantu kandi ko gikwiye gusomwa no kwiga cyane? Umuntu yananiwe kubara ko ubuzima bwibimera arirwo ruganda rukora ibiryo rwonyine rushimishije, kandi ko yaba inyamanswa cyangwa ntashobora kubaho adafite igihingwa, kugirango areme kandi atange muburyo bworoshye imyunyu ngugu ningirakamaro muburyo kama kugirango abone ibimutunga. Asa naho agitekereye

'mbisi' nkibidatunganjwe neza, bidafite ishingiro, bidakwiriye kandi utiteguye gukoresha
cyangwa kwishimira ...

Nkuko Dr. Alexis Carrel ukomeye yabyanditse mu myaka mirongo ishize
ishize: 'Abagabo ntibashobora gukurikiza umuco ugezweho mugihe cyubu, kuko
barimo kwangirika. Bashimishijwe n'ubwiza bwa siyanse yibintu bitagira inert.
Ntibigeze bumva ko umubiri wabo nubwenge bwabo bigengwa n amategeko
karemano, adasobanutse neza, ariko nkibidasobanutse nk, amategeko yisi yisi (astral).
Nta nubwo basobanukiwe ko badashobora kurenga kuri aya mategeko badahanwa.
Bagomba rero kwiga umubano ukenewe w'isanzure ry'ikirere, rya bagenzi
babo, ndetse na bo imbere, ndetse n'iy'imitsi yabo n'ubwenge bwabo. Aramutse
yangiritse, ubwiza bw'imico, ndetse n'ubwiza bw'isanzure ry'ikirere, byashira. ' Muganga
Carrel akunze kuvuga ko kubaka ibitaro byinshi kandi binini bidatsinda ibikenewe byo
guhanganana nimpamvu aho gukomeza guhangana ningaruka zonyine.

Dufite byinshi byo gukora kugirango twigishe ikiremnamuntu no gusubira
mubintu shingiro, imyumvire isanzwe no gusohozza inshingano zacu ninshingano.

***Dr. ARIHUR B. WALKER, 439 S. Sherbourne Drive, Los Angeles,
Calif. Amerika***

Allegany, NY 28 Ukwakira 1966.

Nshuti Bwana Aterhov,

Kimwe mu bitabo byawe 'Kurya Raw' byaje mu biganza byanjye kandi ndi
gutangazwa cyane nibirimo; cyane, ku buryo nafashe ubutegetsi bwo Kurya Raw.
Mfite umurima hano aho norora imbuto zanjye, imbuto n'imboga kama, kandi
nshishikajwe no gufasha izindi binyuze mu Kurya Raw kugira ngo ugire ubuzima
bwiza; hamwe nibitekerezo rero mboherereje umushinga wa banki kumadorari 20.00
kugirango wishyure kuri kopi 30 za

igitabo cyawe. Ndashimira kandi kopi nyinshi zamakuru yawe No 1 kugirango uhe inshuti zanyje ...

Nzakora ibishoboka byose kugirango menyekanishe igitabo cyawe muri iki gihugu kuko cyamfashije kubona inzira nziza yubuzima nyabwo. Mfite abayoboke benshi hano muri Amerika kandi niyeguriye icyataye UBUZIMA BWIZA binyuze mu kurya neza no kubaho. Ndi umunyamuryango wa Sosiyeite y'Abanyamerika Isuku Kamere. Ndashaka gukomeza gukwirakwiza ubutumwa bwiza bwa Raw-Kurya 'binyuze mu gitabo cyawe kandi nizera ko bizazana andi mabwiriza menshi ku gitabo cyawe. Mfite umurima mwiza hano, kandi uramutse uza muri iki gihugu, urahawe ikaze kuza ukagumya kuba umushyitsi wanjye.

BwanaAJRUGGIERI, W. 5 Mile Rd. Allegany, New York. Perezida
y'abasore beza ba GLOBE *"Amahoro: Ubushake Bwiza Kubagabo"*

Inzuri za Dan, ku ya 1 Nzeri 1966:

Nshuti Nshuti, Ndi ibiryo bikomoka ku bimera kandi mbisi mbisi, ndamamaza kandi nkigisha ibi. Nabonye itangazo ryanyu No 1 mumusozo wa Siyoni Siyoni ndabikata ndongera nongera gukora repint kugirango ntange kubuntu ... Ese nakandagiye ibirenge nkora ibi ntagusabye, kandi umpaye uburenganzira bwo gucapa? byinshi muribi gutanga kubuntu kumugenzi wanjye urwaye? ... Mfite igitabo cyagaciro 'Kamere Umuvuzi' cyanditswe na John T. Richter, ariko nkeneye kureba icyo uvuga. Nyamuneka unyohereze 'Kurya Raw', kandi niba ibi bingana na Kamere Umuvuzi nzakenera benshi muribo guha bagenzi banjye. Nanjye ndi umwanditsi w'inkuru, ariko ntabwo ndi umuganga ...

Ku ya 11 Ukuboza 1966:

Nishimiye cyane kwakira ibitabo hamwe nibaruwa yawe nziza ... Nshuti, ngira ngo igitabo cyawe kiri hejuru; Nashakaga umuto muto kurenza Kamere Umuvuzi. Nta murimo mwiza uruta kumurikira abantu agaciro k'ibiryo bibisi. Ntekereza ko igitabo cyawe gikora ibyo nkeneye ubu, kimwe nigitabo kinini, kandi kizana ibintu byiza byinshi. Nibyo, nshobora gukoresha ibitabo wohereje ... Nkeneye ibindi bimwe byawe

ibitabo. Ngiye mu rugendo rw'ubumisiyonari muri Floride kandi nshobora gukoresha ibitabo byawe byinshi muruzinduko. Ndi hanze gukwirakwiza ibiryo-mbisi muri ubu buryo, kandi ndahamagarirwa no gufata imanza zimwe kugirango mbone indyo yuzuye. Kuri ubu umudamu aryamye hafi y'urupfu, hafi yo gupfa n'abaganga. Arimo ansaba kumufasha kubona indyo yuzuye, nizere ko nzabikora vuba ...

Madamu IW Carroll, agasanduku 240, Inzuri za Dan, Va muri Amerika

Isiraheli, ku ya 22 Kanama 1966:

Nshuti cyane Bwana Aterhov. Nibyishimo byinshi kuba uyumunsi narangije gusoma igitabo cyawe cyiza RAW-KURYA '. Niba ikiremnamuntu umunsi umwe kizasobanukirwa n'akamaro k'ibiryo karemano, iyi izaba intangiriro yigihe gishya mumateka yubuzima bwabantu; bizaba gusa PARADISE.

Uruhushya rwawe, reka mbimenyekanishe. Nitwa Joseph Razon, mfite imyaka 43, naje muri Isiraheli hashize imyaka itatu nkora akazi ko kuba umuganga mu kigo cy'ubuvuzi cya Kupat Holim. Ntabwo numva nishimiye akazi kanjye ka buri munsi, kuko ngomba kwandika ibiyobyabwenge (uburozi). Nubwo ngerageza kwandika umubare muto ushoboka (primum non nocere), ntabwo nanyuzwe nibikorwa byanjye byuburozi! Ngomba gukora kuko ndi umugabo wubatse! Umugore wanjye akomoka muri Teheran ... Maze gusoma igitabo cyawe, natekereje kukwandikira nkubaza niba ushobora kutwoherereza umugore wanjye ibitabo bimwe mururimi rwigifarisi. Nzi neza ko aramutse asomye ibiryo bisanzwe n'ingaruka zabyo ku binyabuzima by'abantu, ntazatinyuka kugaburira umwana wacu (dutegereje umwana) ibintu byapfuye!

Ndashaka kubaha amakuru make kubikorwa byanjye i Istanbul mu myaka mike ishize. Nari umunyamabanga mukuru wa 'Turukiya y'ibikomoka ku bimera-isuku y'Abanyaturukiya' kandi nari umwe mu bagize uruhare runini muri uwo mutwe. Ngaho amashyirahamwe yubuvuzi ninganda zikora imiti yabonye akaga mumigendere yacu y'ibimera kuburozi bwabo kandi nkumuyahudi ninjye ntege nke basanze byoroshye kurimbura. Bo

yangiriye nabi cyane umuntu wanjye kandi nategetswe kuva mu gihugu cyose navukiyemo, aho nize kandi nkunda abantu. Ariko nagombaga kuza muri Isiraheli. Kubwamahirwe, hano turashobora kuvuga no kwandika kubantu kubyerekeye ibikomoka ku bimera nubuzima busanzwe. Hano hari abaganga barenga 20 naturopathique kandi dufite n'umudugudu wibikomoka ku bimera, AMIRIM, hafi yumuji SATAD mumisozi ya Galil!

Icyumweru gishize nasuye aha hantu kunshuro ya kabiri, numvaga nishimye kandi nshaka kuguma aho. Ariko mbere ya byose ngomba kwemeza umugore wanjye. Nyamuneka, ndagusabye kunyohereza ibitabo bimwe mu Giperesi kubyerekeye isomo.

Byari bishimishije kureba ishusho ya ANAHIT, nziza cyane kandi ubuzima bwiza. Umuntu arashobora kumva ubuzima bwe urebye gusa ifoto ye.

Ku ya 12 Ugushyingo 1966:

Byari byishimo rwose kwakira agatabo kawe gashimishije Raw-Kurya 'muburyo bwa Persian. Ndabashimiye kandi nizeye ko umugore wanjye azumva neza ingingo. Nizere kandi ko umwana wanjye azasonerwa ibibi byokurya bitetse, bidasanze! ... Nubwo nakoraga mumuryango wubuvuzi nita kubantu bashakira gukurikiza inzira yisuku. Igihe nari muri Turukiya narimo nita ku barwayi banjye nk'isuku karemano. Noneho muri Isiraheli ngomba kubanza kwibeshaho, ngomba rero gukora mumuryango wubuvuzi.

Bitinde bitebuke ngomba gukora mumurima udafite ibiyobyabwenge gusa. Ariko udafite resitora yubuzima ibi ntibizaba bishimishije bihagije, hamwe rero nabaganga bamwe ba naturopathique turimo gushakisha abantu bafite ubushake bwo kudufasha! Nizere ko mugihe cya vuba nzakubwira byinshi kubyerekeye.

Dr. JOSEPH RAZON, 170/2 Arlozorov Mutagatifu Kiryat- Malakhi, Isiraheli

Pariki ya Baldwin, Calif. Ku ya 14 Mata 1966.

Nshuti Nshuti:

Nejejwe no kubona inyandiko yawe kuri Kurya Raw muri 'Umusozi wa Siyoni Umunyamakuru' wa Yeruzalemu, Isiraheli. Muhinduzi ni murumuna wanjye. Nishimiye ko wabwiye igitabo cyawe mu mpapuro. Nshimishijwe cyane nubuvanganzo bwinshi ku biryo bibisi, bityo mboherereje ibyo nategetse, icya mbere, kuko nshaka gukwirakwiza uku kuri gukenewe cyane.

Ku ya 20 Kamena 1966.

Nakiriye ibitabo byawe by'agaciro. Nibyo nkeneye gusa ... Ndaha agaciro ibitabo cyane, kandi nizere ko abantu benshi mubihugu bitandukanye bazabibona nkuko nagize amahirwe yo kubikora ...

Ku ya 13 Ugushyingo 1966. Nishimiye ko ubu nshobora gutumiza ibindi bitabo byawe, Kurya Raw '. Nicyo abantu bakeneye. Nashakaga kohereza iri teka vuba, ariko ntegereza kugeza igihe nzabika amafaranga. Ndatekereza ko ubutaha nshobora gutumiza vuba, kuko mfite ibintu bimwe na bimwe byitaweho ... Ntuye jyeneyine, nzaba mfite imyaka 89 ku ya 5 Gashyantare 1967, ntabwo rero nshobora gusohoka nibitabo nkabigurisha nkuko umusore yabishobora. Nanditse izina ryanjye na aderesi mubitabo ndabiguriza abazabisoma. Ndashaka ko ibitabo bizenguruka kuburyo ntashobora kubitanga ngo ndyame hafi yinzu yumuntu ... Nagerageje gukurikiza uburyo bwibiryo bisanzwe nkuko nari mbizi hafi ya byose

imyaka ibiri ishize. Nakoze mu busitani bwanjye ibi byose mbere, kandi ntabwo ndambiwe ...

ORAF. CARPENTER, Calif. Amerika

Alberta, ku ya 9 Mata ", 1966.

Nyakubahwa,

Ndi umusomyi wa 'Umusozi wa Siyoni Umunyamakuru', kandi nshishikajwe n'ingingo 'Agaciro k'ibibwa bibisi '. Mfite imyaka 75 URUBYIRUKO, kandi mubisanzwe ndashaka kungukirwa nimico yimirire mbisi. Nabaye umukinnyi mu minsi yashize - ariko niyeguriye ibiryo bitetse.

Ikibazo ni ukubona ubwoko bwiza bwimboga n'imbuto - bitatewe inshinge, hano muri Kanada.

JORIJI BAIN SUTHERLAND, Kanada.

Swansea, ku ya 1 Werurwe 1964.

Nshuti Bwana Aterhov,

Mu ntangiriro za Mutarama, mugihe ureba gahunda ya 'TONIGHT' kuri televiziyo yanjye, nashizwemo amashanyarazi no kureba igitabo cyawe, no kumva ibice bike byasomwe muri byo. Nifuzaga cyane kubona kopi yigitabo cyawe. Nanditse rero kuri BBC kugirango nkeneye amakuru arambuye y'abamamaji, n'ibindi. Yoo, namenyeshejwe, amaherezo, ko bidashoboka muri iki gihugu. Ariko, banyohereje adresse yonyine bafite, nuko mfata icyemezo cyo kukwandikira niba gusa ndagushimiye kandi nkwiifuriza gutsinda mugukwirakwiza ubutumwa bwawe. Ndemeranya, nshishikaye, ko kunywa ibiyobyabwenge aribyo byangiza cyane mubibi byose. Mbega isi itandukanye niyihe, niba ikiremnamuntu cyahinduye imigenzo yo kurya nkuko bisabwa mugitabo cyawe. Urugero rwawe nimbaraga zisumba izindi zibyiza byabantu kwisi muri iki gihe. Ndakuramutsa-Umuhanuzi w'ikirenga w'iki gihe ...

Ku ya 29 Mata 1964. Mbega umunsi wishimye kuwagatatu ushize igitabo cyawe n'ibaruwa yawe bigeze. Byaranyobeye, kandi rimwe na rimwe byarantangaje. Ikirenze byose, byamurikiye kandi bintera imbaraga bundi bushya. Kuva nkiri umwana, igihe nafashe mu mutwe amagambo menshi ku ishuri ryo ku cyumweru, nashakishije UKURI. ('Kandi muzamenya ukuri, kandi ukuri kuzakubohora'). Ubushakashatsi bwanyujije mu matorero atandukanye, mu gushyira mu gaciro, hanyuma njya ku bimera bikomoka ku bimera hamwe no kuvugurura ibiryo no gukiza ibidukikije, hanyuma amaherezo kuri Tewolojiya hamwe n'ibisobanuro byonyine byemewe (kuri nyje) byerekana ibibazo by'ubuzima - Karma na Reincarnation. Mbega urugendo rururure. Kandi hano, amaherezo, ndebe igitabo cyawe, ndumva 'IYI NIWE '. Urakoze kubwimpano nziza cyane, kandi uha agaciro ibaruwa yawe nayo ...

Ku ya 3 Gashyantare 1966. Byari byishimo byinshi kongera kukwumva, no kuri wigire kumpapuro zawe zitsinzi nyinshi zagezweho nabakurikiza urugero rwawe ... Uzashimishwa no kumenya ibyumwuzukuru wanjye. Yagize ubwoba bwinshi mu 1964, kandi yari mu bitaro byo mu mutwe igihe gito. Bidatinze amaze gusohoka, nashoboye kumwoherereza kopi y'igitabo cyawe ... Yajyanye Raw-Kurya nk'imbwa ku mazi, maze akira neza. Byahinduye imitekerereze ye yose na kamere ye, kandi ubu arimo aratera imbere mubyigisho bye. Numunyeshuri wubuhanzi muri kaminuza ya Manchester.

***Madamu Gena Harries, Ahantu 11Hston, West Cross, Swansea, Glamorgan,
Ubwongereza.***

Amajyepfo, ku ya 20 Gashyantare 1964.

Nyakubahwa,

Nategekwa niba umpaye ibisobanuro byuburyo bwo kubona igitabo cyitwa 'RAW- KURYA' na ATERHOV. Isosiyete ikora ibijyanye n'itumanaho ry'Abongereza i Londres yampaye aderesi yawe kuko bambwiye ko igitabo kitaboneka mu Bwongereza. Ndashaka cyane kugira kopi.

Ku ya 19 Werurwe, 1964. Ndashimira cyane igitabo cyawe kivuga kuri Raw-Kurya 'nakiriye ku wa kane ushize, 12 Werurwe. Ibiri mu gitabo cyawe rwose byampishuriye, igitabo cyiza cyane nasomye kubyo umuntu akeneye n'ibisabwa. Natekereje kandi uburyo umurava kandi ususurutsa umutima insanganyamatsiko yigitabo yari hose. Ndashima uburebure bwo kwiga nigihe kigomba kuba cyaragiye mubikorwa byo gutekura no gutekura igitabo. Iyi ni imvugo mbi cyane yukuntu mbyumva rwose kandi nzakora ibishoboka byose kugirango abandi bantu bashimishwe, ariko ntibizaba umurimo woroshye kumenya abantu icyo aricyo nuko badashaka guhindura ingeso zabo, cyane cyane kurya imwe. Nubwo bimeze bityo, nzagerageza gukora ibishoboka byose kugira ngo mbemeze kandi mbone uko boherezera igitabo cyawe ... Niba ubishaka, nzakumenyesha rimwe na rimwe uko ibintu bigenda ...

Madamu VM Snelling, 26 Victoria Rd. Amajepfo, Hants, Ubwongereza.

Santa Rosa, ku ya 27 Ugushyingo 1964.

Nyakubahwa,

Nashimishijwe no gusoma igitabo cyawe, 'Kurya Raw', kandi nifuza cyane ko nagira igitabo cyanyje bwite. Nyuma yo kubiganiraho ninshuti zanyje ebyiri, nabo, bashishikajwe no kubona kimwe, nuko mfunze itegeko ryamafaranga kumadorari 4.50 kubitabo bitatu ... Mfite impungenge zo kwakira ibi bitabo ... Ndi 100 ku ijana 'ibiryo bibisi', kandi ndimo gukwirakwiza ijamba ryiza mubashaka. Ibiryo bibisi byarokoye ubuzima bwanyje.

Ku ya 21 Mutarama 1965:

Nkimara kubona kopi 15 za 'Raw-Kurya' hamwe na fagitire zometseho zisaba amadorari 10.00, mfunguye umushinga wa banki ... hiyongereyeho \$ 10.00 ku yandi makopi 15 yo kurya Raw-Kurya. ' "Nishimiye cyane amahirwe yo gufasha abantu kumva ko ari ngombwa kurya ibiryo bibisi, binyuze muri uyu murimo wawe ukomeye. Murakoze.

Ku ya 2 Gashyantare 1965:

Kopi yikinyamakuru 'Reka tubeho' ni icyawe kugirango usome ibya Martin Reinecke ingingo, 'Amahirwe mu biribwa bibisi '.

Ikibazo cy'uku kwezi kirimo ibaruwa yanjye ivuga uko njye n'umugabo wanjye twatangiye kurya ibiryo bibisi 100 ku ijana. Turabyishimiye cyane kandi tuzakomeza gufasha Martin guteza imbere ubu buryo bwo kurya, uko dushoboye.

Igitabo cyawe bwite, "Kurya Raw", giteye ubwoba gusa. Ndabyishimiye cyane kuyikwirakwiza mubantu bashaka ubu bumenyi. Nukuri ko kuri ubu ari bake cyane, ariko ndizera ko igihe nikigera imyumvire izagera kuri benshi. Gukorana bucece hamwe nabumva bazanyurwa cyane.

Ku ya 6 Gicurasi 1965:

Nakiriye ibaruwa yawe isaba ibibazo byinyuma bya 'Reka tubeho' ariko nje mumbabarire Ububiko bwibiryo byubuzima bwagurishije kopi zose. Mboherereje ikibazo cya Gicurasi kandi nzakomeza kohereza ibibazo bikurikira keretse niba ushaka gufata abiyandikishije.

Nohereje kopi y'urwandiko rwawe kuri Martin Reinecke kugirango nkosore ingingo ye yo muri Gashyantare nkuko nabisabwe.

Nzaba nshishikajwe no kugira kopi yumubumbe wawe wa kabiri iyo yuzuye. Nagize amahirwe yo kugurisha umuzingo wawe wa mbere kandi nzashaka kugumana bimwe.

Madamu Helen M.Bulbeck, 818 Cherry St. Santa Rosa, Amerika

Venise, Calif., Ku ya 29 Nzeri 1964.

Nshuti Bwana Aterhov,

Urakoze cyane kuri kopi ebyiri z'igitabo cyawe 'Kurya-Kurya 'Nishimiye kugisoma cyane.

Nahagaritse kurya ibiryo bitetse hashize amezi atanu. Mfite imyaka 31 kandi numva meze neza cyane. Buri muni niruka ibirometero 2-5 ku mucanga, koga, gutembera mumisozi. Ibyumweru bitatu bishize Nazamutse Mt. Withney mumunsi umwe. Urugendo ruzenguruka ni kilometero 26 kandi umusozi ubwawo urenga metero 14.500. Igipimo cyanyje ni 58-60. Ndababwiye ibi byose kugirango nkumenyeshe ko ibiryo bidatetse aricyo gisubizo kubibazo byose, imibabaro yabantu.

Nshobora kuba nshishikajwe cyane no kugurisha igitabo cyawe muri Amerika (kandi ahari muri Kanada). Nyamuneka umenyeshe uko usaba kopi 500 cyangwa 1.000 ...

Ku ya 6 Gashyantare 1966:

Jye n'umugore wanjye ubu tumaze hafi imyaka ibiri ku biryo bibisi 100 ku ijana indyo hamwe nibisubizo byiza cyane. Mfunguye Mboherereje inyandiko, yanditswe na Shirley, umugore wanjye, kandi icapirwa mu kinyamakuru 'REKA LIVE', Nyakanga 1965. Turakwemerera gukoresha iyi ngingo n'amashusho afunze. Imwe mumashusho niyinjishuri yacu dukunda cyane ari inyamanswa mbisi. Arwana n'intare (umunya nyafurika) yambaye ubusa, kandi izo ntare zifite amenyo yose n'inzara. MICKEY SOLOMON nizina rye.

Ntabwo twigeze twumva tumeze neza mubuzima bwacu kuva turya ibiryo byacu mbisi. Igitabo cyawe nigitabo cyiza dufite kuberekeye ibiryo bibisi, kandi dusoma igitabo cyawe kenshi. Turashaka gukwirakwiza ukuri kuberekeye ibiryo bibisi ... Turatekereza ko igitabo cyawe cyiza kigomba kuboneka kubantu benshi. Gufunga ni \$ 20.00 gutumiza amafaranga ...

Madamu Shirley & Bwana Thorwald Boie, 1015 Venice Blvd. Venice, Ca.

Amerika.

Columbia, S.C. Ku ya 7 Mutarama 1965:

Nishimiye cyane ingingo ivuga ku gatabo kawe RAW-KURYA 'mu gitabo Reka tubeho-Ukubozwa 1964. Nandikiye umwanditsi, Martin J. Fritz, kandi yangirije inama yo kwandikira ikinyamakuru cyo mu Bwongereza gikomoka ku bimera na bo bampa adresse yawe ...

NYIRAMUKIZA. IRENE GOLEMON, US A.

Gukura mu ibaruwa yanditswe na nyakubahwa i Abadan, nyuma yo gusoma igitabo cyanjye cy'Ubuperesi:

Abadan, ku ya 25 Nyakanga 1965:

Nshuti Bwana Aterhov,

Agatabo kawe gato kazanye impinduka nini mubitekerezo byanjye, kuburyo namaze kwibona nkarya mbisi. Sinzi

uburyo bwo kubashimira. Ntabwo ari ugukabya kuvuga ko ngufitiye ubuzima bwanjye. Uri Yesu w'iki gihe cyacu, utanga ubuzima kubarwayi n'abapfuye bapfuye, kandi mbega ubuzima buryoshye kuriya! ... Birasa nkintangaje kubona umuntu ashobora gusoma igitabo cyawe ntagihindura imibereho ye.

SADARAT, Abadan, Ubuperesi.

Nyuma yo gusohora umuzingo wanjye munini mu kinyarumeniya, mbisi-kurya byagiye byunguka byinshi muri Arumeniya.

Yerevan, ku ya 24 Werurwe 1961.

Nshuti Bwana Hovannessian,

Isomero Nkuru rya Academy ya siyanse ya Arumeniya yakiriye ashimira umuzingo wa mbere wibikorwa byawe witwa Kurya-Kurya. Kugirango uhaze ibyifuzo byabasomyi bacu benshi kubikorwa byawe byiswe "Kurya Raw", nyamuneka twohereze kopi eshanu zumubumbe wa mbere, urebye ko kopi ebyiri zimaze koherezwa zihora zikwirakwizwa kandi gutinda cyane. kuzuza ibyifuzo by'abasomyi benshi. "

***ICYEMEZO CYA SIYANSI ZA ARMENIYA,
H.MECHERIAN, Umuyobozi w'igice cyuzuye.***

Yerevan, ku ya 20 Ugushyingo 1961.

Nshuti Bwana Hovannessian,

Twabonye kopi icumi z'igitabo cya mbere cy'igikorwa cyawe cyiswe 'Kurya Raw', cyerekanwe mu isomero ryacu, tubashimira byimazeyo.

Yerevan, ku ya 16 Kamena 1965:

Ubuyobozi bw'isomero rya Leta ya Arumeniya bwifuje gushimira byimazeyo kopi esheshatu z'igitabo cyawe cyitwa 'Kuruhande rw'inzira zo kurya ibiryo', washyikirije Isomero.

Umubare wabantu bashishikajwe no kurya mbisi uragenda wiyongera kandi benshi muribo bifuzaga kugira ibitabo byawe. Ntushobora kutwemerera kugira izindi kopi nkeya y'ibitabo byawe?

Minisiteri y'umuco, ARMENIYA,
AM MIASNIKIAN YO MU GITABO CYA LETA YA LETA,
ARAZI TIRABIAN, Umuyobozi.

Nyuma, nohereje kenshi kopi makumyabiri kugeza kuri mirongo itatu zibitabo byanjye kuri iri somero, udategereje kugaruka cyangwa ibihembo. Kubwamahirwe kubera ibibazo nimbogamizi zashyizweho nabantu n'ubumwe bw'Abasoviyeti (igitugu kirwanya ubucuruzi bw'abikorera) Nujye ibyifuzo byose by'ibitabo byakiriwe na Leta Zunze Ubumwe z'Abasoviyeti ku buntu rwose, ntitaye ko ibyo byifuzo biva mu bigo bya Leta cyangwa abantu ku giti cyabo.

*Ibikuwe mu ibaruwa yanditswe na Nyiricyubahiro (umusizi wo muri Arumeniya),
Hovhannes Shiraz:*

Yerevan, ku ya 4 Mutarama 1962.

Nshuti Ter Hovannessian,

Ku bw'amahirwe gusa naje kubona igitabo cyawe gishimishije cyitwa "Kurya Raw". Uteganiye kuba umukiza ukomeye wabantu bose bafite ubwenge buke. Ubuvumbuzi bwawe, kurya-mbisi, nibyiza nkibya Darwin ikomeye; mubyukuri, birakomeye kandi birenze ubumuntu, oya, nkwiye kuvuga abagiraneza benshi, kuruta ibintu byose byavumbuwe mubinyejana byabanjirije. Ariko, ishyano, hari urutare rudatsindwa ruhagaze imbere yawe. Iyaba gusa uru ruhinja rutabona, uyu bita abantu, yashutswe imyaka ibihumbi, yagombaga

nimwisubireho, mureke umuriro kandi mugukurikire munzira yubushishozi wafunguye, hazabaho ibikorwa byubugizi bwa nabi biva mumugabo. Ariko abantu, hamwe naya moko menshi yubwoko nimiryango, baracyatsimbaraye kumuriro, nkuko mose yiziritse ku rutare. Ntabwo ireka ibiryo byayo bizana urupfu bitetse, kandi ntibizayireka kugeza ubu ... Nubwo bimeze bityo, ndasoma umusatsi wawe ubabaye kandi nishimiye ko wavutse ukomoka muri Arumeniya. Ntabwo rwose uri umuntu udapfa ... "

Hovanes Shiraz, 20 Umuhanda wa Leniniya Erevan.

Kuva mu bwana bwe umwanditsi w'urwandiko rukurikira, muto umunyeshuri, yari yararwaye indwara nyinshi, zirimo iseru, umuriro utukura, ibibyimba (parotide), malariya, angina, ibicurane bitandukanye na catarrhs, ugutwi, kubabara amenyo, kuribwa mu nda, impiswi, haemorroide, appendicite no gutwika indwara zidakira (cholecystitis) . Uyu munsu kurya-mbisi byamukuye muri iyo mibabaro yose, kubera ko agaragaza ko ashimira mu mirongo ikurikira:

Yerevan, ku ya 5 Gashyantare 1964.

Mwarimu nkunda, Ndabuze amagambo yo kwerekana ibyiyumvo byo gushimira no kwishimira ko maze amezi nkunezeza kuri wewe, kuko amagambo yose asa nkudasekeje adahagije.

Ukoresheje ubumaji bumwe gusa waje kurangiza inzozo mbi zahigaga ubuzima bwanjye, nkuko, nta gushidikanya, uzabikora no kubandi bantu, kugeza igihe nyirabayazana w'izo nzozi aranduwe-urakoze.

Waje gukuraho ubwo buhumyi bwamaso, ubumuga bwo kutumva bwamatwi nubusazi butagira ubwenge ninjiyemo, nkabandi bose.

Waje ufite itara ryubumaji kugirango ushushanye hejuru yububiko bwijuru iyo sura yari iyanjye rwose kandi hafi yayo kugeza icyo gihe nashoboye kurota gusa no gutekereza.

Ndunamyere imbere yumushusho wawe urabagirana kandi ndagusuhuza nkumugabo kuri uwo ndimo umwenda urenze uwo nigeze kuguriza undi.

Ndunamyere imbere yumushusho wawe urabagirana kandi ndagusuhuza nkintwari izina rye uyumunsi rihora kumunwa yabo yakijije, ariko ejo bizaba kumunwa wa bose.

Ndunamyere imbere yumubare wawe urabagirana kandi ndagusuhuza nkumusaraba wimico nyayo, siyanse nyayo, iterambere nyayo, kandi nkumurwanyirw'ejo hazaza heza, umuco, siyanse.

Armen Vshtuni, Ibitekerezo bya Lenin 20, Erevan, Armenia.

Yerevan, ku ya 29 Werurwe 1964.

Nshuti Hovannessian,

Imirongo mike kugirango nkumenyeshe ko kurya-mbisi byagize undi mukoresha, impamvu yo gufata uburyo bushya bwimirire ntabwo ishingiyekumyumvire iyo ari yo yose yo kwiheba iterwa n'indwara runaka cyangwa izindi, ahubwo ishingiyekubitekerezo byatewe n'ibitekerezo byawe bikomeye. .

Ningomba kwatura ko hari inzitizi zitari nke muburyo bwanjye, kubera ko data ari umuhanga mubuzima, mugihe murumuna wanjye ari umuganga, kandi mumuryango wanjye ninjye wenyine urya indyo itandukanye (isanzwe). Ubu ni amezi icyenda nahinduye muburyo bushya bwimirire kandi nishimiye ubuzima bwiza. Njye kuri njye mbona amabaruwa nkaya, aje iwanyu aturutse impande zose zisi, azagwira mu iterambere rya geometrike kandi ko utazagira umwanya wo gusoma imirongo yo gushimira wandikiwe. Ubuvumbuzi bwawe buzajya mumateka.

Ku ya 18 Kamena 1965.

Mbandikiye mvuye i Leningrad. Ndakomeza amasomo yanjye muri Conservatoire hano. Kuba buri gihe hamwe nawe, mboherereje ibyifuzo byanjye byiza, nizeye ko igihe kiri muruhande rwawe. Ibizamini byubuvuzi nakozwe na murumuna wanjye burigihe bitanga ibisubizo bishimishije. Ndumva meze neza rwose, mugihe ibiro byanjye bikomeza kwiyongera buhoro, ariko byanze bikunze.

H. SVATCHIAN.

Yerevan, ku ya 6 Mutarama 1965.

Nshuti Bwana Hovannessian,

Ubu hashize amezi atandatu nkora imyitozo yo kurya mbisi. Kugira ubumenyi bwuzuye bwakiriwe neza bwahawe igitabo cyawe mubice byose byisi, sinshaka kwinjira muburyo burambuye no gusubiramo ibisanzwe bisanzwe. Nta gushidikanya igitekerezo cyo kurya mbisi nitsinzi ikomeye yagezweho nubwenge bwa muntu mugihe cyose cyimico.

Sinshaka kwandika kubyambayeho, kuko, maze gusoma ibice byavuzwe nawe mumabaruwa atandukanye yo gushimira, ndabona ko reaction zanjye zihuye neza nuburyo abandi bahura nibiribwa bisanzwe.

By'ingirakamaro zidasanzwe ni impinduka zo mumitekerereze zihita zikurikira, niba mubyukuri zitabanziriza, reaction ya physiologique.

Munyemerere ngushimire kubwimpano idasanzwe wagaragarije ubwoko bwabantu.

Vladimir Khachaturian, 38 Mutagatifu Aboviya Mutagatifu Erevan.

Ubutumwa bwa Noheri bwatanze numukobwa ukiri muto i Moscou:

Moscou, ku ya 20 Ukuboza 1964.

Nshuti Bwana Aterhov,

Nishimiye ko mboherereje indamutso yigihembwe, hamwe nishimwe ryanje ku giti cyanje kandi mbifurije gutsinda intsinzi y'ibikorwa byanyu bikomeye kandi byubutabazi.

Umukurikira wawe, wakize indwara ndende kandi ikomeye yumutima.

Ibikurikira, mu ibaruwa yimpapuro icumi atanga inkuru yuzuye kuri we uburwayi no gukira, muri byo ibikurikira ni incamake:

Ku ya 31 Werurwe 1965:

Nahinduye kurya-mbisi mu Gushyingo 1963. Kuva icyo gihe mfite ntabwo yigeze agira akanya ko gushidikanya. Muri iyo minsi nari maze kugira amateka yindwara z'umutima zimara igihe cyimyaka icyenda.

Ariko reka ntangire guhera mu ntangiriro. Mfite imyaka umunani cyangwa icyenda umusaza Nagize igitero cya rubagimpande. Nyuma yibyo inshuro zigera ku icumi mu mwaka nakundaga kwandura laryngitis, ibicurane n'imbeho ya buri bisobanuro, ubusanzwe byamaraga iminsi itandatu kugeza ku icumi. Buhoro buhoro toniillillite idakira. Ku myaka cumi nine y'amavuko abaganga bavumbuye mitral valve lesion mumutima wanjye nyuma basanga karite ya rubagimpande. Ku myaka cumi n'itanu bakuyemo toni yanjye. Nakomeje kurwara umutima igihe kirekire, neurite, gucika intege no kudasinzira. Ibitotsi bigufi byakurikiranye amasaha yo kubabazwa byitabiriwe ninzozo ziteye ubwoba. Iyo mbyutse nijoro, natinyaga umwijima. Muri rusange, nakundaga kumara amezi atatu cyangwa ane yumwaka muburiri. Byarangoye cyane nurira indege imwe yintambwe; Nahoraga mbuzwa kugenda, imyitozo ngororamubiri, koga, gutembera, gusoma, nibindi byinshi binezeza no kwidagadura.

Nahoraga nitaweho n'abaganga. Bakundaga 'kunkiza' uburyo bwa piramide, aspirine, antibiotike, analgesike, vasodilator, soporifics nibindi biyobyabwenge bisa. Ibinyabuzima byanjye byakomeje kwigaragambya muri a

uburyo butangaje burwanya izo ngamba kandi ubuzima bwanjye bwarushijeho kwiyongera. Kubera ko nzi neza ko ubwo buryo budakorwa neza, amaherezo natanze bese.

Nyamuneka umbabarire kuba nakwitayeho numunota nkuyu burambuye. Njye kuri njye mbona bazagushimisha, cyane cyane ko impinduka zabaye muburyo butangaje. Narahevyeye amafunguro atetse nta ngorane. Intungamubiri mbisi zankanguye muri njye kumva neza kwezwa imbere n'umucyo. Hafi ya nijoro umutima wanjye waretse kuntera impungenge. Mugihe mbere nakundaga kumva ububabare mukarere k'umutima atari rimwe gusa mucyumweru, ariko hafi BURI MUNSI kandi ko kumasaha YANJYE, mu mwaka wa mbere wo kurya-mbisi ntabwo najyanye ku buriri bwanjye umunsi umwe. , kandi ububabare bwo mu mutima wanjye bwari bugarukira kuva kuri bitandatu kugeza ku munani MOMENTARY ububabare buke. Umwaka umwe nigice ntarigeze ngira igitero kimwe Grippe cyangwa imbeho. Mu mezi yambere cyane umutwe wanjye WUZUYE CYANE. Ariko igitangaza gikomeye kuri njye nuko natangiye gusinzira muminota mike yo gusezera kuryama. Ubushobozi bwanjye ku kazi bwiyongereye; mbere yo gutandukana kwanjye, guhagarika umutima no kurakara byarashize.

Mu gihe cyizuba nakoze urugendo muri Arumeniya nkora muri `Matenadaran' (Ububiko bwandikishijwe intoki). Mbega umunezero kwari ukugenda ibirometero makumyabiri na bitanu kugeza kuri mirongo itatu kumunsi kumusozi hanyuma ugataha witaguye byuzuye gusubiramo icyarimwe. Nabaye umuntu wigenga, amaherezo kamere yemeye mu gituzi cye. Uyu ni umunezero mwinshi rwose, kubwibyo nongeye gushimira mbashimira byimazeyo.

Moscou, ku ya 16 Kanama 1965. Ubuzima bwanjye bukomeje kumpa buri kunyurwa, cyane cyane ko ibinyabuzima byanjye byihanganiye ibigeragezo bikomeye byo mu mutwe no mu mutwe (hypertension), ndetse n'umunaniro mwinshi ku mubiri wagize mu ngendo zo mu misozi.

Nzarangiza vuba umwaka wa kabiri wo kurya-mbisi. Ntabwo nshobora gutekereza gusubira inyuma kurya-mbisi ukundi. Ibibazo nakubajije ni ukumurikirwa gusa kandi ntibigomba gushiramo

ntagushidikanya na gato kubyerekeye ejo hazaza hanjye. Ikirenze byose, kubwanjye ibintu bifatika byikibazo ntabwo bifite akamaro gake kuruta ibyumwuka, byahoraga bihamye kandi bidahungabana.

Olga Kerenskaya, 3Frounze Mutagatifu Moscou.

Kubera ko ibitabo byanjye bitaboneka byoroshye muri Leta Zunze Ubumwe z'Abasoviyeti, abarya ibiryo mbisi bahindura incamake y'ibitabo byanjye mu kirusiya kandi bagakwirakwiza kopi zabo zibiri mu nshuti zabo.

Abantu benshi noneho bakoporora izo ncamake hagati yabo. *Ibikurikira nigice cyurwandiko rurerure rwanditswe numukecuru wumurusiya ukuze utuye mukarere ka Moscou:*

Khimki, ku ya 25 Mata 1965.

Ntabwo nshobora kuvuga cyangwa, ahubwo, sinshobora kubona amagambo akwiye hamwe nogushimira byimazeyo. Nta gihembo kuri iyi si gikwiye guhembwa imirimo yawe yera yo gukiza umubiri nubugingo bwabantu, 'KURYA-KURYA'. Ndunamyeye imbere yawe kandi atari imbere yawe gusa, ariko kandi imbere yumuntu wanzaniye iyi resept nziza yubuzima, igizwe nibice byinshi byakuwe mu gitabo cyawe. Ku giti cyanjye ntabwo nagize amahirwe yo kubona igitabo cyawe. Inshuti yanjye - uwahoze ari umwarimu -

yari yarayandukuye mu gitabo cyawe mu buryo butaziguye, ahubwo yakuye mu ikaye y'incuti ye - na we wahoze ari umwarimu, kandi uyu mudamu ni we ubu akwandikira iyi mirongo, kubera ko amaso yanjye ari mabi. Ndashobora kubona nijisho rimwe gusa kandi ko mfashijwe nikirahure kinini, bitabaye ibyo nagombye kubashimira kare cyane.

Natangiye imyitoto ku ya 15 Gashyantare kandi kuva icyo gihe ntarya ibiryo bitetse, ndetse n'umugati ... Nzaba mirongo cyenda ku ya 15 Kanama 1966. Mfite imbaraga kurusha inshuti zanjye zose, kandi iki kimenyetso kirabihamya. abandi.

Karpovna Maria Ivanovna, Fevral'skaya Mutagatifu 12, Khimca.

Sundsvall, ku ya 12 Kanama 1965.

Nshuti Bwana Hovannessian,

Nyirasenge n'umugabo we, bombi bakaba ari abaganga bo muri Yerevan, Danielian ku izina, banyandikira ko bakuye inyungu nyinshi ku byifuzo byawe kandi bansaba cyane gukoresha uburyo bwawe bwo kurya no gukiza. Kubwibyo, nanjye ubwanjye ndashaka kubaza niba ushobora kunyohereza kopi yumurimo wawe witwa 'Kurya Raw', ndabashimira hakiri kare.

Ndi umuganga w'abagore ukomoka Istambul. Mu myaka ibiri ishize yakoraga mu bitaro i Sundsvall, Suwede. Nshimishijwe cyane no kwishimira ko nzasoma igitabo cyawe n'amabwiriza yawe, aho abantu benshi bamaze kubona inyungu nyinshi. "

Dr. Shabuh Sedikian, Länslasarette, Sundsvall, Suède.

Moscou, ku ya 19 Ugushyingo 1966.

Nshuti Bwana Aterhov,

Ndatangaye nishimiye gusobanuka no koroshya ibitekerezo byawe. Birashoboka rwose gusobanura ibintu nkibi byavumbuwe muburyo bworoshye? 'Yewe muntu! Kamere yaremye kandi igutunga hamwe na selile yawe nibiryo bibisi. Mugihe rero utamenyereye byimazeyo imiterere nibikorwa byimikorere y'utwo tugari, ntugahungabanye akazi kabo ukoresheje ibintu bitandukanye bidasanze, uburozi.

Twe n'umugore wanjye twembi turi abanyeshuri barangije. Ndi umuhanga mu bya fiziki kandi ni umuganga.

Dushishikajwe cyane nakazi kawe ...

MICHEAL MINASIAN.

Jermook, ku ya 6 Werurwe 1966.

Ndakuramutsa, yewe siyanse w'abahanga! Ndakuramutsa, mwarimu wubumuntu!

Ndi umufasha wa muganga muri Health Resort ya Jermook muri Arumeniya. Natangiye kurya-mbisi kuva ku ya 4 Ugushyingo 1965, nzi neza igitabo cyawe. Nzi neza ko nzakizwa nuburyo mukwirakwiza. Kuva mu 1947 Nari ndwaye rubagimpande, polyarthrite n'indwara ya arteriire. Kuva mu 1963 ubuzima bwanjye bwari bwifashe nabi cyane, kubera impyiko zikabije, aho nashoboye kubona agahengwe gusa ndya garuzi.

Kuva ku munsu wa gatandatu wo kurya mbisi numvise ububabare bukabije mu ngingo zanjye, ariko zirahagarara nyuma ... Mugihe cya reaction yo kurya-mbisi sinigeze mbona kubyimba ingingo zahoze ziherekeza buri gitero cya artite. Ntabwo nigeze ndwara paroxysme yumuriro nigityanga cyakundaga kugaragara mugihe cyose impyiko zanjye zariyongereye. Ubu nishimiye gusinzira neza kandi igipimo cyanjye cyavuye kuri 120-140 kigera kuri 90- Gukubita 100 kumunota (mubihe bigoye). Ububabare bwa nijoro bwarangiye mu mutima wanjye, dandruff ku mutwe wanjye no kubira ibyuya ku birenge. Ndamaze gutakaza kilo eshanu muburemere kandi ububabare bwa rubagimpande bwarashize. Ndumva meze neza kandi imbaraga zanjye zikomeza kwiyongera.

Umugore wanjye n'umuhungu wanjye w'imyaka itandatu nabo, barimo kurya-mbisi. Nzarera umuhungu wanjye wa gatatu - ubu ufite ukwezi - nkuko wareze umukobwa wawe *Anahit*.

Mwarimu nkunda, Nakoraga nkaba umufasha wa muganga imyaka cumi n'umunani none mfite imyaka mirongo itatu n'irindwi ngiye kurangiza amasomo yandikirana mu kigo cyigisha abarimu. Nyamara mu gitabo cyawe niho nabonye ibisubizo kubitaro bike

ibibazo bimaze igihe bibabaza - ibisubizo ntashobora kubona ahandi. "Kimwe muri ibyo bibazo ni ukubera iki abana badashobora kugenda nk'abana bato b'andi matungo kuva ku muni wa mbere bavutse. Ubu nzi neza ko impamvu yabyo ndetse n'izindi nenge nyinshi zikomeye z'umubiri zigomba gushakishwa mu batetse. ibiryo biribwa nababyeyi babo nabasekuruza. Mbona ko nyuma yibisekuru bitatu cyangwa bine byabarya mbisi izo nenge zose zizaba zavanyweho.

Dr. Vachagan Gasparian, Jermuk, Arumeniya.

Mukuru wanjye atuye Yerevan. Mboherereza buri gihe parcella nini y'ibitabo, abigeza ku barwayi barembye cyangwa bemeza ko barya mbisi.
Dore uduce tumwe na tumwe two mu mabarwira ye menshi:

Ati: "Mukundwa Arshavir, nzi ko iyi baruwa izaguhira umunezero mwinshi. Kurya ni gutera imbere byihuse haba muri Yerevan ndetse no mu zindi ntara. Ntamburi ushira nta muntu uhamagaye cyangwa ansuye. Baje gushaka inama cyangwa gusaba ibitabo. Ndashikiriza ibitabo byawe kubakeneye rwose. Hano haribisabwa bitagira ingano kubitabo, biva mumaboko kandi bigahita bigabanuka. Ndashyirahamagaye cyane ngingeso yawe yo kohereza ibitabo kubantu kubantu bose babaza. Nigute ushobora kwihanganira ayo mafaranga?

Ntashobora kumenya umubare w'abarwayi bakizwa no kurya mbisi, bagushimira rwose. Abantu hano bose ni abantu nkabantu. Umuntu akimara kugarura ubuzima bwe, yiyemeza gukiza bene wabo barwaye bityo abandi batanu cyangwa batandatu bakira indwara zikomeye. Baca baza aho ndi bakambwira ibyababayeho. Abantu badashobora gutera intambwe ubu barashobora kugenda ibirometero mirongo.

Umwe muri abo barwayi yari arwaye uburibwe bw'amaboko n'ibirenge imyaka makumyabiri, kandi bifite uburemere butari munsu y'ibiro 115. Amaze gufata indyo yuzuye, yatakaje ibiro 10 muminsi 20. Umuhungu we yagize ati: 'Data, mbere utabashaga kugenda amaboko n'ibirenge, ubu agenda nk'umwana.' Bahora baguha umugisha hamwe na Anahit. Undi murwayi yari arwaye umuriro w'ijwi rye, hafi yo gutakaza ijwi. Ubu yakize ubuzima bwe nyuma yo kurya ibiryo byameze ukwezi nigice gusa.

Na none, umusore wimyaka 28 yari afite impyiko zimpyiko, aherekewe nigityanga rusange cyumubiri we wose. Ubuzima bwe bwari bukomeye kuburyo ibyiringiro byose byari byaramutereranye, ariko ubu ameze neza kubera kurya mbisi. Hariho ibibazo byinshi bisa kuburyo bidashoboka rwose kubandika byose. Ukurikije uko babitekereza, muri Yerevan honyine ubu hari abantu 2500 barya mbisi, benshi muri bo bakaba bari barwaye igihe kirekire, ariko ubu bakaba bafite ubuzima bwiza. Abantu bakize indwara z'umutima, gutondeka umunyu, umuvuduko ukabije w'amaraso, ibisebe byo mu gifu, gutwika impyiko, umwijima na gall-bladder, calculi nizindi ndwara nyinshi zikomeye.

Nanjye ubwanjye nari ndwaye cyane. Nagize umuvuduko ukabije w'amaraso mvuza amatwi kandi narwaye umwijima. Izuru ryanjye ryakundaga kuva amaraso inshuro ebyiri cyangwa eshatu kumunsi, numvaga mfite intege nke nkaryama nabi. Umutima wanjye wari mubi kuburyo buri joro nibazaga niba nkwiye kongera kubona izuba. Ariko ubu ndasinziriye cyane kuburyo ntumva umuryango uya kukazi mugitondo. Mubyukuri, rimwe na rimwe bumva bahangayitse iyo mbyutse nkererewe, nibwira ko ngomba kurwara. Nagabanutse cyane kandi nubwo nagenda gute, ntabwo numva ndushye - gutungurwa nabantu bose.

Abarya ibyatsi batezimbere umubano wubucuti hagati yabo. Umugoroba umwe, natumiwe mu rugo rw'Abakolozayi. .

ibitaro, yahindutse kurya- arakira rwose indwara ye. Umugore we yarwaye fungus (blastomycose). Nyuma y'amezi ane yariye-mbisi imisumari ye yatangiye gukura inkorora irazimira. Umukobwa wabo yarashatse, atwite indyo yuzuye kandi yibaruka umwana we nta kimenyetso cyo kuva amaraso, ubu arera umwana we kumirire mibi.)

Hariho mirongo itatu na kabiri yuzuye-abarya mbisi, hiyongereyeho ababo umuryango w'abantu bane. Amagambo ananiwe gusobanura ikaze nakiriwe nabo. Bari barateguye ameza meza kandi meza cyane, yuzuyemo salade mbisi iryoshye, ubwoko butanu cyangwa butandatu bwikariso mbisi nziza cyane, imwe murimwe bakaba bayise Anahit, `pilau 'idasanzwe y'ibigori byo mubuhinde bitatse n'imbutu zumye zashizwe mumazi, n'ubwoko bwose bw'imbutu nshya n'imbutu. Barangije bazana ibyokurya biryoshye byingano bivanze, oati, walnuts, imizabibu.

Abashyitsi bose bari abaganga, abahanzi, abacuranzi n'abigisha. Bo yatanze disikuru nyinshi. Amaherezo byagaragaye ko aribwo isabukuru yimyaka mirongo itatu yubukwe bwa Bwana na Madamu Colozian.

Umubare utari muto wabaganga babaye abarya mbisi. Umuganga ukiri muto n'umugore we, na we wari umuganga, baje kundeba mvuye muri resitora y'ubuzima i Jermook. Bambwiye ko bafite abarwayi mirongo ine kugeza kuri mirongo itanu kumunsi, bose bakeneye ibitabo byawe. Banyemeje ko ibisabwa mu bitabo byawe bishobora kugera ku bihumbi. Muganga wo muri Spitak yari yatanze ikiganiro kijyanye na kolera, arangije avuga ibijyanye no kurya mbisi kandi agira inama abamwumva kubona kopi yigitabo cyawe, amaze kuyisoma neza, kugirango ashire mubikorwa ibyifuzo byayo.

Umuganga wubahwa wa mirongo itandatu na bane yaje aho ndi avuye Kirovakan. Yambwiye ko yari arembye cyane, ariko ko, hamwe n'umugore we, yari amaze umwaka urenga kurya ibiryo mbisi bityo bikavamo ubuzima. Yambwiye kandi ko Umuyobozi w'intebe y'isuku y'imirire mu kigo cy'ubuvuzi cya Yerevan, Dr.

Harootiunian, * yari yatanze ikiganiro i Kirovakan imbere y'abaganga, abarwayi ndetse cyane cyane n'abarya mbisi. Mu gusozza inyigisho,

ikibazo cyo kurya mbisi cyari cyaje kuganirwaho. Abatari bake barya mbisi, bari bamaze amezi barambaraye mu bitaro nta gisubizo bafite none bakaba bakize kubera kurya mbisi, basabye ko inyandiko zabo z'ibitaro zigomba gusuzumwa kandi zikagereranywa, uko byakabaye. Bifuzaga kandi kumenya impamvu uwatanze disikuru yanenze ku mugaragaro kurya ibiryo bitarinze gusuzuma ibimenyetso bifatika. Umwe mu bariye mbisi yari yarahagurutse abaza umuganga wa Kirovakan niba amuzi. Amaze kubona igisubizo kibi, yakomeje agira ati: 'Ndi umurwayi wigeze ubona ko nta cyizere ufite kandi wasohotse mu bitaro byawe kugira ngo apfe mu rugo. Uyu munsu, kubera kurya-mbisi, meze neza. ' Muganga yari yarahagaze atangaye.

"

Siranoush Babakhanian, 33 Poushkini, Erevan.

** Uyu mugabo (Harootian) yari yarinjije ingingo muri a ikinyamakuru cyitwa "Abakomunisiti" !! cyasohotse muri Yerevan (1964, No. 171), aho utiriwe uhakana rwose inyungu zo kurya mbisi! Yari yarabujije imikoreshereze y'indwara zimwe na zimwe gusa, kandi muri icyo gihe akaba yaranatanze poroteyine zangiza inyamaswa na vitamine zikora. Hanyuma, yari yaraburiye abasomyi be kutagaburira ibiryo karemano batabanje kugirwa inama na muganga. Kuri aya magambo namaze gutanga igisubizo gishimishije mubikorwa byanyije byo muri Arumeniya nise "Kuruhande rw'inzira zo kurya Raw".*

Uyu mudamu ni nyirabukwe wumuririmbyi uzwi cyane wo muri Arumeniya (Ofelia Hambardzumyan), umudamu ufite ubwenge cyane wanyandikiye amabaruwa cumi n'atatu kugeza ubu, nzavuga amwe muri yo ku buryo bukurikira:

Ku ya 20 Ugushyingo 1966:

Nshuti Bwana Hovannessian,

"Amezi hafi abiri ashize, nasomye igitabo cyawe cyo kurya mbisi, cyanguriwe umunsi umwe gusa, hamwe n'ibyishimo, ishyamba n'uburyohe, ijamba ku ijamba, ku buryo ikaramu idashobora kandi idashobora gusobanura. Kera, Nari impumyi

kwiwuta kugana ku rupfu, hamwe n'ikimenyetso cy'umubiri w'ikinyoma wometse mu maso yanjye imyaka myinshi. Ariko yazimye hakiri kare kurya-mbisi.

Ntabwo nari narangije gusoma igitabo cyawe cyubuhanga, ubwo nohereje ibiryo byose bitetse hamwe nuducupa twimiti hamwe na capsules zitigeze zitandukana nanjye kumyanda. Wari umunsi w'imyaka 61 y'amavuko ubwo nemeraga iyi mpano nawe maze mfata icyemezo cyo kuba inyamanswa mbisi. Sinzigera nibagirwa uyu munsi; Urashobora gukuka neza impinduka zabaye mumubiri wanjye wangiritse. Mu myaka yashize, kubera igitutu cyindwara zitandukanye, nagize ubuzima bubi. Cyane cyane indwara ya quater ihumeka hamwe na sciatica idashobora kwihanganira yari yibye ibitotsi. Nyuma yo gukurwa mu bubata bw'indwara, nabaye umuntu ukora cyane, ukomeye kandi ukomeye kandi niruka nk'impongo umunsi wose. Sinshobora kubona amagambo yo gushimira; Yemwe banyabwenge, nshuti nkunda ...

Nyamuneka wemere indamutso yinshuti ya kure yishimira ko yanyuma izina ni kimwe n'iryanyu (Ter Hovannessian). Ubu sinshobora kwihanganira uburyo abantu bashyira ibintu byuburozi mumubiri yabo? Ndababara iyo nibutse ukuntu, kubera ubujiji, nakundaga gutumira abanjye iwanjye nkabaha ibintu bitetse n'amaboko yanjye.

Mbere yo kurya mbisi umutima wanjye wankubise umenyesha ubwonko, nkaba mbona ko ari urupfu rushimishije kandi rworoshye, Ariko ubu ndashaka kubaho nsoma n'amaso yanjye kandi numva n'amatwi yanjye ko izina rya murumuna wanjye indimi z'isi yose. Akazi kawo nubwenge, ibiryo bitetse bigomba guhujika, intsinzi izaza iwanyu.

Ku ya 2 Kanama 1967:

"Ubu mfite ubuzima bwiza kandi butera imbere, nkumuntu nyawe, mboherereje wowe ibaruwa yanjye ya gatatu. Ibyiyumvo byumutima wanjye nibyinshi kuburyo ntashobora kubyandika kumpapuro; Ndagufitiye ubuzima bwanyje bwa none yewe mukiza wabantu, murumuna wanjye nkunda, nakwita umuvandimwe wanjye?

Igihe ntigeze mbona igisubizo kuri wewe kubera amabaruwa yanjye abiri yabanyirije iyi, natije inshuti zanjye igitabo kinini kandi nandukura byose mu makaye atatu yuzuye. Ubu iyi kopi irahindura amaboko. Nyuma, nasanze woherereje ibitabo n'amabaruwa, ariko ntibanyegera.

Hano, umubare w'abizera ibikomoka ku bimera bigenda biyongera umunsi ku munsi umunsi; Muri bo harimo n'abaganga. Benshi muribo baza aho ndi

ibibazo bimwe, nzamura ibiryo bibisi; Nkora udutsima, halva, salade na dolmeh mbisi nkabereka abantu, nandika amabwiriza yabo nkayagabura mubantu, nandika izina ryawe kuri keke hamwe ninzabibu; Naguze imwe muri utwo dutsima kuri mushiki wawe. Yararize, arampobera, ati: "Kuva uyu munsu turi bashiki bacu babiri. Umuryango w'inzu yanjye urakinguye." Yampaye umuzingo wa kabiri w'igitabo cyawe.

Nkunze guhura na mushiki wawe, ngasoma amabaruwa yawe ninyandiko, ndareba amafoto, Narebye nimbabazi nyinshi kumafoto yabana banyu bombi bapfushije ubusa ibiryo "bikomeza" nibiyobyabwenge "byiza"; Baratambwe, ariko ahubwo uyumunsi abantu ibihumbi nibihumbi bakijijwe urupfu runaka kandi bohereza indamutso murwibutso. Abanyabwenge bakomeye mu bihe byashize basize akazi kabo batarangiye kubera ubu bwoko bwibiryo n'imiti kandi bararimbutse ... kandi gusa wahishuye iri banga. Reka ururimi ruceceke rutinyuka guhakana ibi bintu.

Noneho reka mvuge bike kuri njye ubwanjye. Ntekereza ko byaba bishimishije kugirango umenye uko nari meze mbere yuko ntangira kurya-mbisi uko meze ubu. Nari mfite imyaka cumi n'irindwi ubwo nababazwaga cyane kuruhande rwiburyo bwumugongo. Abaganga ntibashoboraga kumva icyabimuteye kandi byanteye gusa kubura imiti na massage. Nyuma yimyaka itandatu, amaherezo najanywe mu bitaro mpfa. Byaragaragaye ko impyiko yanjye iburyo yuzuye amabuye n'ibinini. Porofeseri wabaze impyiko yanjye yari umuntu wubwenge, iyo aba akiriho, yaba yarasinyiye ibyo wavumbuye n'amaboko yombi; Yambwiye ko abaganga bariye kimwe cya kabiri cyimpyiko zawe kubera massage nibiyobyabwenge byangiza bagaseka. Yantegetse kwibagirwa kurya inyama, amagi, ibirungo, amazi yubutare nibiryo byumunyu iteka kandi nkarya imboga n'imbuto nyinshi.

Nakurikije iri teka imyaka ibiri cyangwa itatu, igihe numvaga meze neza, ntangira kurya byose. Buhoro buhoro, ubushake bwanyije bwiyoungereye kandi ibiro byanyije byiyongera umunsi ku munsi; Kimwe nabandi, natekerezaga ko iki ari ikimenyetso cyubuzima, ariko byaje guhinduka. Ubwa mbere, umutwe ukabije watangiye, hanyuma amaguru yanjye arabyimba, kandi mfite imyaka mirongo ine nine, amenyo yubukorikori yasimbujwe amenyo karemano. Ibiro byanyije byageze kuri kilo mirongo inani na kabiri; Guhumeka nabi, inkorora idakira, palpitations hamwe ninda ikarishye byangose. Nyuma, haje kugaragara goiter

yazengurutse ijosi nk'amagi akomeye. Abaganga bashakaga kubaga, ariko ndabyanga. Noneho, sciatica, arteriosclerose, umuvuduko wamaraso, hemorroide, gout, nibindi byari byacitse intege umubiri wanjye wose kuburyo ntashobora kugenda.

Icyumba cyanjye cyari nka farumasi y'ibinini bya aspirine, piramide, valocardine, milocardine, analgin, beloid, capodiazit n'ubundi burozi, bugize kimwe cya kabiri cy'ibiryo byanjye. Nababajwe n'abaganga kandi kubera ko abantu bose bavuze ko ibi bimenyetso bifitanye isano n'imyaka, natekereje ko iherezo ry'ubuzima bwanjye ryageze. Nari narambiwe n'iyi si kandi nifuzaga ko inkorora yoroshye yarangiza aya masoni. Ntabwo nigeze ntekereza ko igitangaza gishobora kugaragara no kunkiza iyi nzozo mbi. Ariko ibi byahujwe. Noneho kilo cumi n'irindwi shitani irazimangana (uwanditse ibaruwa yibagirwa ko umubiri we wambere wakusanyije kilo cumi nindwi zingirabuzimafatizo nshya kandi zifite ubuzima bwiza muriki gihe cyo kurya mbisi, ni ukuvuga ko satani atari kilo cumi nindwi, ahubwo yari kilo mirongo itatu nane kandi birashoboka ndetse birenze) kandi ngenda kuva kumpera yumujyi kugera kurundi ruhande rwumujyi mfite uburemere nyabwo bwibiro mirongo itandatu na bine hanyuma nzamuka kuntambwe 132 zuruganda rwa cognac n'imizigo iremereye umukobwa wa mushiki wanjye uri mumavuriro ahari kandi kubera abakozi n'abaganga baho bamenyereye rwose imiterere yanjye yambye. Cyane cyane iyo bafashe umuvuduko wamaraso bakabona cumi na batatu aho kuba cumi n'icyenda. Ibi bizatuma bahindura ibitekerezo kandi mubyukuri ukuri gutsinda. Ntegura ibiryo bikomoka ku bimera biryoshye mu rugo rwanjye nkabijyana, bararya ndavuga nti: "Hovannessian yohereza ibitabo bye ku isi yose ku buntu. Nanjye mfata abantu bafite ibiryo bibisi, nkarya uko ushaka." Ubu maze amezi icumi ntuye muri ibi byishimo ...

Ndashaka kuvuga amagambo make yerekeye disox yanjye. Ububabare bw'indwara zanjye bwari bwinshi cyane ku buryo ntigeze numva reaction ya mbere yo kwangiza, gusa uko nariye, niko ntashobora guhaga. Igicucu gitukura cyagaragaye kuruhande rwibumoso bwumubiri wanjye, nacyo cyarababajwe, ariko cyahise gikemuka. Uruhu rwanjye rwumye ahantu hamwe, kurwara, kurwara dandruff biragenda neza; Ibara ry'inkari zanjye rimwe na rimwe ryabaye umutuku kandi rimwe na rimwe ryera n'ubugari, ariko ubu biragaragara nk'amazi. Nagize umutwe muto ukabije wabaye mwiza wenyine. Kuva kumunsi wambere wibiryo bibisi, nibagiwe ko kuriyi si hariho imiti. Sinshobora kubye

umusatsi wanjye wera wahindutse imvi none urimo usubira mu ibara ryumwimerere. "

Ibaruwa No 12 - Ku ya 7 Gicurasi 1971

"Mfite amakuru menshi ku buryo ntazi aho natangirira n'aho ndangirira. Umunsi umwe nagiye mu bitaro gukora akazi k'ubuyobozi, mbona umuganga w'umugore ufashe igitabo cyawe mu ntoki, akoranya abandi baganga benshi bamukikije. anasobanura ashishikaye gusobanura uburyo muramu we yakijijwe indwara zikomeye z'impiko n'ibikomoka ku bimeru. Hanyuma yagize ati: "Ibaruwa ya nyirabukwe wa Ofelia Hambarsumian nayo iri muri iki gitabo." Birasa nkaho atabikoze. ' Ntabwo nzi. Narebye igitabo mbona ko ari fotokopi yigitabo kimwe nasinyiye kandi mpa abantu. Kubera ko igitabo cyawe ari gake cyane, kizajya gifotorwa kugirango abantu benshi babikoreshe. Mugihe ibi Muganga yaranzi, ansaba ko njya kureba umurwayi umunsi umwe.Nagiye kumunsi twashizeho.

Uwahoze ari umurwayi witwa Ozonian, ubu ufite ubuzima bwiza, yari yateguye ibirori byiza; Ni veterineri, umugore we ni umuganga, murumuna we ni umwarimu wa kaminuza, umugore we na we ni umuganga, abanyamakuru benshi ndetse n'abandi barya mbisi bateraniye hamwe. Dr. Abajian wo muri Kirovakan, yinjije hamwe nabayoboke benshi bashya barya mbisi.

Ozonian yanditse ibaruwa kuri aderesi yawe ishaje umwaka ushize ubwo yari arembye cyane, ariko ndatekereza ko itakugereho. Iyi baruwa irashimishije kandi ifite agaciro kuburyo ndayigana kandi nkahoherereza. Nkuko mubibona muri icyo baruwa, yararwaye umwaka ushize kuburyo bamutengushye, ariko ubu akora akazi ke nubuzima bwuzuye; **Ibaruwa ya Ozoniya:**

. "Sinzi mu rurimi ki nagaragaza ko natunguwe kandi nkubaha wowe uri umugiraneza ukomeye akaba n'umuhanga ukomeye muri iki gihe. Nubwo biturutse ku ndwara y'impiko, mfite intege nke ku buryo ntashobora kwandika amagambo make ndetse no kuri bene wacu ba hafi, ariko ndakwandikira nezerewe cyane. Niwowe muntu wenyine kwisi yose nshobora kwandikira, ariko sinshobora kwandika. Murumuna wanjye yazanye igitabo cyawe arashimangira. Naragisomye, nicaye mu buriri kugira ngo ntamubabaza kandi ntabishaka ntangira gusoma igitabo cyatanyaguwe no gusoma cyane; Ariko sinshobora kureka iki gitabo cyiza,

kuberako imvugo yacyo ityaye kandi ishishikaye, kimwe nibitekerezo byimbitse kandi byuma, byashimishije ubuzima bwanjye bwose. Urupfu rubabajwe rwaba bana ni rwo rwagutumye muri selire yihishe yinyanja yubumenyi ushakisha ukuri. Agahinda gakomeye kaguteye kuba izuba ryibinyabuzima. Kubwibyo, ikiremhamuntu kirimo umwenda kubana bawe bombi kandi amazina yabo azahora yibukwa mumahanga. Nyuma yo gusoma igitabo cyawe, nahise njya mbisi kandi ntategereje ibisubizo bikiza, ndashimira. Kuberako nari nzi neza ukuri kubyo wavuze; Kuberako ndi veterineri kandi nzi neza ibinyabuzima, nashoboraga kumva neza ubukuru bwamagambo yawe. Ibitekerezo byose bya siyanse yibinyabuzima, byari bimaze imyaka myinshi mu bwonko bwanjye, byahindutse mumunsi umwe. Nzi neza ko ejo hazaza hazunama imbere y'ubukuru bwawe, kuko nta kuvumbura gukomeye kwiyeze guhishwa. Mfite imyaka 40. Mfite neprite idakira, ubuzima bwanjye burakomeye cyane. Amaraso yanjye azote ni 65-90 kandi ntamanuka.

Kuryama mu buriri, guhumeka gusa, nzi neza ko nzaba meze neza. Nzabereyemo umwenda mama kuba yarabyaye kandi ngufitiye umwenda kugira ngo ubuzima bwanjye bukomeze, iteka ryose ... "

Andi makuru ashimishije: umwe mu banyamakuru b'ikinyamakuru "Science & Life" yaje i Yerevan avuye i Moscou gukora ubushakashatsi ku iterambere ry'ibinyabuzima.

Abaganga benshi nabafite uburambe-barya mbisi bateraniye munzu yumunyamakuru urya mbisi kandi yanditse raporo. Yashakishije, maze ku ya 15 Ugushyingo 1971, ibaruwa nimeri 13 (Nari nandikiye ibaruwa irambuye umwanditsi w'ikinyamakuru "Avangard") bigaragara ko yagize ingaruka, kubera ko nabwiwe kuri telefone ko inzobere mu ndwara zifungura igifu. sisitemu, Porofeseri Jivan Shmavonyan, yashakaga guhura nanjye nabandi barya mbisi. Niki Nakora ariko gukora ibirori kubakoresha-mbisi-mbisi. Iminsi mike mbere yuko ibirori, mfata ikiruhuko cyo ku biro kandi nta soni, nagerageje gushyiraho ameza yaba mashya kubarya bazima.

Umugati mbisi, ibisuguti, basaq, hamwe na jama zitandukanye mbisi zikoze mumababi yindabyo, imbuto yamakomamanga, ndetse no mubitaka byatsi nkora buri mwaka mugihe cyizuba, kandi hamwe na salade zitandukanye, nari nashushanyije.

ameza atatu manini cyane kuburyo bigoye kuvuga. Mu gihe gito, ntamuntu watinyutse gukora kuri keke eshatu nini izina ryawe rimurika. Amaherezo, narayikatiye ndayikina. Imeza yatontomye kubera uburemere bwimbuto n'umutobe w'imbuto!



*Mushiki wa Aterhov (Siranush BabaKhanian) agaragara hagati, ibumoso bwe ni umwarimu **Shmavonyan**, naho Haikanush Ter Hovannessian amuhagaze*

Inama yari iteganijwe ku ya 24 Ukwakira ^{inyuma} 1971 saa 16h00. Amasaha abiri imbere, nohereje mushiki wawe kugirango abaje bwa mbere basuhuze amaboko nkumuhagarariye. Mbere na mbere, umwarimu wubahwa ubwe yinjiye maze amfata ukuboko n'amaboko yombi mu maso amwenyura maze ahura na mushiki wawe mu cyubahiro cyinshi. Undi mwanya, abashyitsi barya mbisi bose bari abaganga, abarimu ba kaminuza, abanyamakuru, abarimu, nibindi, abantu bagera kuri mirongo ine na batanu binjiye icyarimwe. Natunguwe, muri ako kanya Dr. Abajian ageze mu modoka ye ari kumwe n'abadamu bane bafite imbaraga kandi bishimye bo muri Kirovakan; Yabanje kuvuga ku burwayi bwe anagushimira ko wakuyeho izo ndwara kandi akwifuriza ibyiza n'ubuzima bwawe.

Noneho abarya bose bazima batanze disikuru umwe umwe hanyuma batanga ibisobanuro birambuye kubyerekeye indwara zashize nubuzima bwubu. Porofeseri yari yicaye atuje, atega amatwi yitonze kandi yandika mu ikaye ye. Benshi mu bashyitsi ntibamumenye, igihe yarahagurutse akimenyekanisha nyuma ya raporo y'abarya bazima,

abantu bose baricara batangira kumva bucece. Yatangiye kuvuga gahoro gahoro imigambi ye na gahunda.



Umwe mu barimu ba kaminuza yasomye ibaruwa ya Hovannessian. Dr. Abajian yicaye ibumoso bwe.

Yavuze ati: "Mu byukuri Hovannessian yakoze akazi gakomeye. Amateka yerekana ko abahanga benshi bazwi bakomoka mubantu basanzwe; Nubwo Hovannessian atari umuganga, ariko hamwe nubuvumbuzi bwe, ahagarara hejuru yabaganga kandi afite uburenganzira bwo kuba umuhanga. Nubwo afite abanzi, ariko ukuri nuko yatsinze. Mwese mwaravuze, mwavuze, ariko aya magambo agumana nawe. Ugomba gutunganya abaturage, ugafata imibare yabarya bose bazima, ukamenya indwara bari bafite kera nuburyo bameze ubu, ukaduha ibyangombwa ". Nkurikije icyifuzo cye, hatoranijwe komite yabantu 15, kandi izina ryanjye naryo ryanditswemo. Twahisemo gushinga inama nk'iyi rimwe mu mezi atatu.

Uyu mwarimu yavuze ko yatekereje gushinga sanatori mbisi-mbisi, hanavugwa no gushinga resitora mbisi. Mu gusoza, mbisabwe na mwarimu, nerekanye fotokopi y'amabaruwa yawe, y'urwandiko rwa guverinoma y'Ubuhande, ya

ibaruwa nari nandikiye "Avangard", n'iy'urwandiko rwa Ozoniya na Makariyani. Yariye salade zose nibindi biryo yishimye cyane abaza uko yabitegura. Natanze kopi icumi zimpapuro za salade nagize kubashyitsi. Iyi ntabwo ari imwe muri verisiyo nagutumyeho, iyi ni shyashya kandi yuzuye.

Inama yamaze kuva 16h00 kugeza 21h00. Mugihe cyo kugenda, profecor yampaye imwe mu makarita ye indi Siranoush adusaba guhora tuvugana nawe. Yabwiye Siranoush ati: "Nifuzaga rwose kubona musaza wawe, kugisha inama no gufatanya gutegura gahunda ifatika yo kugera aho yerekeza vuba. Biragoye kubona uruhushya rwo kujya mu mahanga; andikira umuvandimwe wawe, ahari ashobora gukoresha imbaraga ze gutegura ubutumire "

Aderesi ya Porofeseri: **Jivan Mambre Shmavonyan, Papaziya No 17, Yerevan.** "

Haikanoush Ter Hovannessian, 10 Mutagatifu Erevan.

Ibaruwa ya guverinoma y'Ubuhande:

Serivisi ishinze amakuru mu Buhinde - TS Kanwar

Tehran, ku ya 4 Mutarama 1971, Ambasade y'Ubuhande. umunyamakuru

"Nkuko twabibwiwe, wasohoye igitabo cyiswe" Kurya Raw ". Urashobora kumenyesha ko guverinoma yu Buhinde yashyizeho komite ifata ibyemezo byo kuvura ibidukikije, ikora ubushakashatsi ku iterambere n'iterambere ry'umuti w'ibidukikije.

Igitabo cyawe cyahawe iyi komite, irabyemera kandi itekereza ko cyaba ari umurimo mwiza. Minisiteri y'ubuzima no kuboneza urubyaro mu Buhinde iratekereza kugurisha iki gitabo kinini gihenze (amafaranga atanu gusa) kugira ngo gikwirakwizwe. Ntabwo bazungukirwa no kugurisha iki gitabo.

Twabashimira cyane niba mutanze neza guverinoma y'Ubuhande gutangaza iki gitabo mu Cyongereza no mu zindi ndimi cumi na zibiri zaho.

Nyamuneka, nyamuneka utumenyeshe niba iki gitabo cyaravugururwe kuva i Igitabo cya 1967. Cyangwa urashaka kubihindura mugihe cya vuba?

Kubwibyo, tuzishimira niba dufite uruhushya rukenewe kugira ngo dushobore gusohora iki gitabo mu Buhinde. "

TS Kanwar.

Nicyo kigo cyubuzima gikora cyane mubuhinde, cyashinzwe mu 1964 na Mahatma Gandhi. Bahora bakwirakwiza ibitabo byanyje n'amatangazo mubuhinde. Minisiteri y'ubuzima y'Ubuhande yagejejweho igitabo cyanyje n'iki kigo. Dore ibice bimwe bivuye mumabaruwa umuyobozi w'ikigo yanyandikiye:

"Nari narasomye ibyawe mu myaka itanu ishize mu kinyamakuru cyo mu Bwongereza gikomoka ku bimera, ibyo sinabyitaye cyane kandi nari naribagiwe hafi; Kugeza mu kwezi gushize, umudamu wo muri Megizike uyobora sanitariyo yagumanye natwe ibyumweru bitatu kandi avuga cyane Kuva icyo gihe, nagerageje kwihangana kugerageza kuvugana nawe no gutumiza igitabo, ariko nabona nte adresse yawe? Ariko muminsi mike ishize abantu babiri baradusanze tumaze imyaka itanu turya ibiryo bibisi bampa ibyawe adresse. Ikigo cyashinzwe na Gandhi kandi nagize amahirwe yo kuhakorera imyaka icumi muryaka yanyuma yubuzima bwe.

IKIGO CYIZA CYIZA, Uruli- Kanchan, Ubuhande

Perezida w'umuryango wa Isiraheli Vegan, umwanditsi mukuru wa "Kamere na Ubuzima" ikinyamakuru:

"Ndabashimira cyane kubyo mwatanzeho amakuru. Turagerageza kubibona kubashaka kubikoresha cyane. Twagurishije imibumbe ijana y'ibitabo byawe kugeza ubu; Mu gihugu gito aho abaturage benshi batazi icyongereza, kugurisha ibitabo byinshi mubyukuri ni byiza cyane. Mboherereje igifuniko cy'ikinyamakuru "Kamere n'Ubuzima" (TEVA UBRIUT), aho hacapishijwe ifoto nziza ya Anahit w'imyaka itandatu. Ubu ndimo gutegura ingingo yo gucapa nifoto ya Anahit wimyaka cumi n'ibiri. "

Jaacov Grabojs, 10 Hateyna Mutagatifu Nevey Oz. Isiraheli

Uyu muganga ni perezida w'umuryango w'ibikomoka ku bimera mu Bwongereza, ninde afite imyitozo i Londres, kandi amaze gusoma igitabo cyanyje, yari

yemeje kandi atanga adresse yanjye kubarwayi be kandi yandika igitabo cyo kurya kibisi. Ibaruwa ikurikira irabigaragaza:

"Nasomye igitabo cyawe kivuga ku biribwa bibisi. Dr. Lato yategetse indyo y'ibiribwa mbisi yo kuvura kanseri yanjye. Yampaye aderesi yawe kugira ngo nshobore gutumiza igitabo. Nzohereza amadorari icumi kuri posita kandi ndakwinginze unyohereze ibitabo bitatu n'amasasu atandatu. "

Madamu Campbell Moodie, 31 Linden Garden, London, W. 2

Madamu VERA STANLEY ALDER:

"Nshuti nshuti nziza, nasomye neza igitabo cyawe inshuro ebyiri ndabyumva iki gitabo kizatangiza ibihe bishya byubumuntu. Birakenewe cyane gushyira iki gitabo imbere yabantu kugirango amaherezo habeho imbaraga muri rusange kwisi. Numuhanga washoboye kumenya ukuri kworoshye kandi gutunganye no kubisobanura neza kurenza abahanga mu by'imirire ibitabo nasomye kugeza ubu.

Mumyaka myinshi, nakomeje gushimangira abantu ko umuntu ari imbuto kandi nuburyo ibibazo byisi bizakemuka kandi isi izaremwa. Intego yawe ("ntuteke") ikuraho impamvu zose, ingamba, kugereranya, hamwe na gahunda yoroshye kandi yibanze. Uzakuraho imibare nibindi byaganirwaho kugeza ubu, kandi mu mwanya wabo uzaha abantu ubuzima nyabwo nibyishimo.

Ubuwumbuzi bwawe, kimwe no kuvumbura amashanyarazi, nakazi ka gihanga, kandi ahari abantu bakumva nawe ni abanyabwenge.

Nzakora ibishoboka byose kugirango igitabo cyawe kimenyekane; Ubu ndimo gutunganya igitabo, nandika ikindi gitabo kandi ntanga ibiganiro. Iminsi ni mike cyane kugirango dukore ibi bintu. Noneho ibintu byifashe kwisi birakomeye, ariko njye n'umugabo wanjye turashishikarizwa, mubijyanye no kumenya ko wowe nakazi kawe hamwe nubutsinzi bwawe bikiri kuriyi si. Nyamuneka wemere ko turi hafi yawe.

Mboherereje kimwe mu bitabo byanjye. "Tumaze imyaka myinshi dukomoka ku bimera, ntitunywa itabi cyangwa ngo tunywe inzoga, none njye n'umugabo wanjye dukoresha uburyo bwawe."

«ISHYAKA RY'ISI YOSE» 8 Umuhanda wa mbere, London.

ESSENCE YUBUZIMA »Ubuzima Bwisumbuyeho nubuzima Bwamamaza Amategoko:

Ku ya 29 Mata 1968:

"Nakiriye igitabo cyawe. Ntabwo mbona gusa iki gitabo ari cyiza, ariko bihuye neza nibitekerezo byanjye, ibikorwa, ninyandiko. Ubu turimo gusohora ikinyamakuru cyitwa "ESSENCE YUBUZIMA". Usibye gusohora iki kinyamakuru n'ibitabo byanjye bwite, ndashaka kugurisha ibitabo by'amahanga byerekana abantu inzira nziza. Kubera iyo mpamvu, ni ukuri ko igitabo cyawe kigomba gushyirwa mu bitabo byanjye, nyamuneka umenyeshe ibijyanye no kugabanyirizwa ibicuruzwa byinshi. "

Ku ya 24 Gicurasi 1968:

"Nejewe no kubohereza sheki y'amadorari 82.5 y'ibitabo mirongo itanu by'ibitabo by'ibiribwa bibisi. Niba ufite ubushake bwo kuduha uburenganzira bwo gucapa igitabo, tuzakwemera tunezerewe. Dufite ibikoreshe byose byo kugisohora."

Agasanduku 2821, Durban, Afurika y'Epfo.

INSHINGANO YA DAULAT RAM:

"Uzatungurwa no kubona iyi baruwa; Nyizera, nyuma yo kubona igitabo cyawe, abagize inama y'ubutegetsi y'iki kigo bese ntibagize ingaruka gusa, ahubwo banizeye rwose ko binyuze mu biribwa bibisi ari bwo abaturage bashobora gukizwa. Indwara zose. Umuryango wacu ni umuryango utabara imbabare. Twahisemo gushyira mubikorwa ibiribwa bibisi mubuhinde. Niba utwemereye gusohora igitabo cyawe mucyongereza no mu ndimi zaho, tuzatanga kopi ibihumbi icumi kubantu. hamagara kandi minisiteri yubuzima kugirango nabo basuzume iki kibazo mubikorwa byabo. Twahisemo kwerekana ukuri no mubitaro.

Turabizi ko filozofiya yawe ifite abayirwanya mubijyanye ninyungu zabo bwite, ariko mugihugu nku Buhinde, aho abaturage benshi bakennye kandi bashonje, ibiryo bibisi bizabona ahantu heza kandi bizatera abantu babarirwa muri za miriyoni babiturutseho ibiryo bitetse ningingo n'imigenzo itari yo irababara, ikizwe. "Nyuma, igihe igitabo cyawe kiri

byatangajwe kandi ibisubizo biragerwaho, tuzohereza ubutumire bwo kuza mu Buhinde n'umuryango wawe turebe ibisubizo n'amaso yawe. "

Krishan Mohan, Visi Perezida. 17- B, Asaf Ali Rd. NewDelhi

Nyuma yo kubona ibaruwa ya ambasade y'Ubuhande, nahisemo kongera kugerageza no kumenyesha abayobozi b'igihugu cyacu iyi ntsinzi. Ubwa mbere, nanditse ibaruwa ikurikira kuri MohamadReza Shah Pahlavi, mpuza umuzingiro w'ibitabo by'Abaperesi, icyongereza na Arumeniya ku biro by'Ingoma.
Urwandiko:

"Nishimiye kubazanira amakuru yishimye cyane ashobora kuba atoroshye kubitekereza mbere.

Nkurikije imyaka mirongo itatu nashyizeho imbaraga, ubushakashatsi, ubushakashatsi nubunararibonye, uyumunsi byagaragaye rwose ko ibitera indwara zose biterwa no kurya ibiryo bitetse, imiti nibindi bintu byapfuye abantu babishyira mumibiri yabo batabizi. Nabyemeje neza ubwo nabuze babiri mu bana nkunda, umwe mfite imyaka icumi undi afite imyaka cumi n'ine, biturutse ku kwandikirwa imiti "nziza" no "gushimangira" ibiryo n'abaganga bazwi. Igitabo kirambuye nari nanditse mu kinyarumeniya cyacapishijwe kandi gisohoka mu 1960, hanyuma kugira ngo menyeshe abo dusangiye igitsina gore / abagabo bo mu gihugu cy'Abaperesi mu 1963, nasohoye by'agateganyo agatabo gato mu Giperesi, kopi nayitanze icyarimwe. Igitabo cyavuzwe na Bwana Pahlbod, Minisitiri w'umuco n'ubuhanzi. Yarampamagaye, nyuma yinama nyinshi anyereka Dr.

Abbas Nafisi, umunyamabanga mukuru w'intare itukura n'izuba. Bwana Dr. Abbas Nafisi na Dr. Abolqasem Nafisi, umuyobozi w'ibitaro by'ababyeyi ba Khaje Nouri, bakunze ibitekerezo byanyije n'ibitekerezo byanyije kandi basezeranya ubufasha n'ubufatanye mu buryo bwose; Mu rwego rwo gukora iperereza ryibanze ku biribwa bibisi, banyeretse mu kigo cy'imfubyi cya Nemooneh n'incuke ya mbere n'ibitaro by'abana bya Bahrami. Kubwamahirwe, nahuye ningorane zimwe na zimwe, kuko byari ngombwa gutandukanya abaganga nabakozi bamwe nibitekerezo bishaje no kumenyera ibitekerezo byabo nibitekerezo bishya, kubwibyo, kubera gusubika akazi, imbaraga zanyije zagumye zitanga umusaruro kandi naretse by'agateganyo gukurikirana. ikibazo. Birumvikana, hamwe bikomeye

kwicuza, cyane ko nakurikiraniraga hafi ingaruka mbi ziterwa no kurya nabi.

Ahanini, abayobozi b'ibigo byavuzwe kimwe n'abaganga bose ntibitaye ku ngaruka nyazo z'ibiribwa byapfuye kandi bagaburira abarwayi bose ibiryo bitetse kandi bidafite akamaro gusa, nka resitora, itera indwara 100%. Nyuma yo gutsinda mu gihugu cyanjye, nahisemo kugeza ibitekerezo byanjye ku bahanga bo mu mahanga, kugira ngo wenda muri ubwo buryo nshobore kubona ibimenyetso bifatika kandi bidashidikanywaho kugira ngo nshyire mu bikorwa gahunda yanjye mu gihugu cyanjye. Noneho igihe kirageze, ndumva ari inshingano zanjye ntagatifu kubagezaho aya makuru yingenzi mwerekanye umugambi wawe mwisi hamwe na *revolution yera ya shah nabantu*.

Igitabo cyanjye cyicyongereza cyacapwe bwa mbere kandi gisohoka mu 1963, kandi kiragurishwa. Hanyuma, mu 1965, nasohoye igitabo cya kabiri mu rurimi rwa Arumeniya hanyuma hashize imyaka ibiri mpindura igitabo kimwe mu rurimi rw'icyongereza, mboherereje buri kimwe muri byo. Nohereje imibumbe ibihumbi icumi yibi bitabo hamwe na miriyoni zigera kuri miriyoni yubusa kubanyapolitike bo mubihugu byamahanga, mubinyamakuru, ibigo, kaminuza, nibindi nkoreshye umutungo wanjye bwite. Uyu mwaka na none, nacapishije udutabo ibihumbi icumi mu rurimi rwa Arumeniya kugira ngo mpa abantu ku buntu. Ibyavuye muri ibyo bikorwa ni uko uyu munsu mu bihugu by'isi, cyane cyane muri Amerika, Ubuhinde na Arumeniya, hari abantu ibihumbi magana ari bo Raw-Vegan, abenshi muri bo bakaba bari abarwayi batengushye abaganga, none bakomeza ubuzima bwabo mubuzima bwiza. Nakiriye amabaruwa ibihumbi yo kubashimira. Abaganga b'ibikomoka ku bimera hafi ya bose n'abaganga ba naturopathique n'ibindi bigo nderabuzima bitera imbere bakwirakwiza ibitabo byanjye n'udutabo kandi batangira kwamamaza cyane kubyerekeye ibikomoka ku bimera; Basohora amatangazo yanjye mubinyamakuru byabo, bubaka sanatori zo kurya ibikomoka ku bimera. Muri Mexico, hashyizweho ikigo cyimfubyi kibisi. Igitabo cyanjye kirimo guhindurwa mu cyesipanyoli muri Arijantine no mu gihindi muri Delhi kandi ubu kirimo gucapwa. BBC yerekanye igitabo cyanjye kuri TV maze isoma ibice byayo kubantu; Abaganga ba Philanthropic i Burayi, Amerika, nibindi batanga adresse yanjye kubarwa,

igitabo-cyo kurya. Abahanga mu binyabuzima bo muri Yerevan Academy barengera kandi bashyigikira ibitekerezo byanyije mu kinyamakuru cya buri kwezi "Science & Technics".

Kuva igitabo cyanyije kinini mu kinyarumeniya cyasohowe mu myaka icumi ishize, umubare w'abarya mbisi muri Yerevan wariyongereye. Bashyiraho umubano hagati yabo kandi bategura ibirori nibirori bishingiye ku kurya nabi. Abaganga benshi nabo bagaragara muri aba barya ibiryo bibisi; Umuyobozi n'umwalimu w'ishami ry'imirire muri kaminuza ya Yerevan bategura ibiganiro ku kurya nabi, kandi muri ibyo birori, abantu bakijijwe indwara zikomeye batanga raporo zabo.

Kurugero, umuganga wumugore warwaye ubumuga kandi yari adashobora kwimuka imyaka ine, yahagurutse nyuma y'amezi cumi n'ine y'ibiryo bibisi none afite ubuzima bwiza. Urundi rugero rushimishije: umwe mu ncuti zanyije, umusore w'imyaka makumyabiri n'umunani, yari arwaye intege nke z'umutima kandi ntiyashoboraga kwimura amaboko n'amaguru; Ntiyitaye ku mabwiriza zanyije y'ubuntu, yagiye mu Burayi inshuro eshatu kandi amara amafaranga arenga miliyoni imwe kugeza igihe yaje kubona igitabo cyo kurya mbisi i Lausanne n'umuhanga mu by'imitsi uzwi cyane wasomye igitabo cyanyije maze amenya ukuri. Yasubiye i Teherani.

Hano hari inyandiko ibihumbi n'ibihumbi bisa muri dosiye ijyanye na I. niteguye kubashyikiriza umuntu washyizweho. N'ubundi kandi, intsinzi ikomeye yangezeho vuba aha ni uko guverinoma y'Ubuhande yemeye ku mugaragaro igitabo cyanyije ko ari ingirakamaro kandi kikaba cyarafashe icyemezo cyo kugisohora no gusaba ko cyasomerwa abaturage b'Ubuhande kugira ngo bashobore gukurikiza amabwiriza y'iki gitabo. . kandi ukizwe n'indwara, ubukene n'inzara.

Uyu muni biragaragara rwose ko abirinda kurya y'ibiryo bitetse, ibiyobyabwenge bifite uburozi nibindi bintu byapfuye nta ndwara zose, zaba zoroheje cyangwa ziremereye, nk'indwara z'umutima, kanseri, diyabete, indwara zandura, ibicurane. n'ibindi byakijijwe. Inyandiko ziboneka zerekana neza ko uko ibitaro bishya byafunguwe, umubare w'abarwayi wiyongera ugereranije; Kubera ko ibitaro, farumasi nigikoni aribyo soko yindwara; Kubwibyo, nta mpamvu yo kubaka ibitaro bishya, ariko hagomba gushyirwaho uburyo ibitaro bisigara bidafite abarwayi kandi bigafungwa umwe umwe, kandi

iyi miterere ni muguhindura uburyo abantu barya. Bitandukanye nibyo abantu bamwe batekereza, biroroshye cyane gukora ibi.

Nkuko guverinoma yu Buhinde yabyemeje, mbere ya byose, ni ngombwa gusaba igihugu gusoma igitabo cy'ibiribwa bibisi naho icya kabiri, bigomba gutangazwa ku mugaragaro ko guteka ari igikorwa kidasanzwe kandi kidafite akamaro. Hagomba kubaho imipaka yamamaza ibinyoma kandi biyobya ibiryo byapfuye, imiti yuburozi na vitamine yimiti. Aho gukwirakwiza imiti y'uburozi mu bahinzi, abashinzwe ubuzima barashobora kubigisha uko bakura mu mboga nzima. kandi zimaze kumera ingano, zitegura ibiryo biryoshye kandi bihendutse, cyangwa uburyo umuntu ashobora guhaza umubiri we byuzuye rial ebyiri zingano nzima, rial ebyiri zamatariki na rial ebyiri zimboga kandi abaho nta ndwara. Binyuze mu binyamakuru, amaradiyo na televiziyo, birashoboka kuburira no kwandikira igihugu ibijyanye n'impinduka mu ngeso yo kurya, gutegura ibiryo bizima kandi bitera imbaraga ibiryo bisanzwe; Ibitaro birashobora guhinduka buhoro buhoro muri sanatori; Uburyo bwo kugaburira pepiniyeri, ibigo by'imfubyi n'ibitaro bigomba guhinduka buhoro buhoro ibikomoka ku bimera. Kubera iyo mpamvu, abantu bimura iyi sanatori mumazu yabo bakaba abaganga babo. Vuba, ibitaro bizaba birimo abarwayi kandi bizafungwa umwe umwe. Kunywa itabi ryubwoko bwose, ibinyobwa, inyama, amafi nibindi bintu byangiza bizagenda bigabanuka buhoro buhoro.

Imisozi, pisite, amatariki, imizabibu nibindi biribwa bifite agaciro nizindi mbuto nimboga nyinshi byoherezwa mubindi bihugu ku giciro gito, ibi bigomba guhagarikwa kandi nta bicuruzwa byoherezwa bigomba kubaho. Hano ibiryo byakuze rero bizakoreshwa nabantu bacu kandi kubwibyo, imibereho yabantu izamuka kandi imyifatire yabo mibi izagabanuka. Ubujura, ibyaha nimpimbano bizashira. Ibi, bisa nkibidashoboka ubanza, bizahinduka impamo mugihugu cyacu muryaka mike.

Ntidukwiye kwita kubitekerezo bidasobanutse, ibinyoma, nibitari byo bya bamwe mubaganga bakunda amafaranga kandi batagira impuhwe, kuko batabashije kubona umuti muto wo gukumira indwara nibisabwa, ariko kandi nibikorwa byabo bibi kandi

amakosa yari yarateje ikwirakwizwa ry'izi ndwara. Igisubizo kuri ibyo biganirwa byose n'igisubizo nyacyo cyakazirwa. Niba ibisubizo byabonetse mumuryango wanyije bidahagije kuri bo, kimwe no mubarya ibiryo bibisi batatanye mubindi bihugu, niba mbona ibikoresheho nuburyo buhagije, niteguye kwerekana no kwerekana ukuri kubyo nasabye nkoresheje ibikorwa mugihe gito.

Icyifuzo cyanyije nuko mwihanganye gusoma ibitabo n'amatangazo mboherereje mucyongereza. "

“Kugira ngo umukiza ukomeye w'ikiremwa muntu avuye mu bukenene n'indwara:

Ndi umusirikare mukuru mu kiruhuko cy'izabukuru w'ingabo za Imperial, nasezeye mfite uburambe bw'imyaka cumi n'umunani n'amezi atatu kubera umubyibuho ukabije mu mwaka wa 1344 (*ikirangaminsi cy'izuba ry'Ubuperesi*) nkurikije icyemezo cy'Inama y'Ubuvuzi y'Ingabo nkurikije dosiye yanyije indwara zikomeye zateguwe. Mbere yuko njya mu kiruhuko cy'izabukuru kugira ngo mvure umubyibuho ukabije, nari maze kunguka hafi Kg 125, hateganijwe ibinini byoroheje nka Metrical ndabifata, kandi kubera iyo mpamvu ibiro byanyije byageze kuri 150 Kg kandi nkomeza kwiyongera. Kugeza ubwo nabuze burundu imbaraga zo gukora. Hanyuma, mugutanga vitamine, kebab nibindi biribwa, nabonye asima. Hafashwe umwanzuro wo gusezera, ni ukuvuga, nta nyungu, ni ukuvuga umushahara utuzuye. Muri iki gihe, asima yanyije yambabazaga urubozo, banyohereje mu ishamba rya allergie ry'ibitaro No 502 by'ingabo bampa inshinge cumi n'umunani mu ntoki, kandi buri wese muri bo yabyimbye, baravugaga ngo uri allergique kuri ibyo bintu, birumvikana ko bese barabyimbye, ariko bibiri cyangwa bitatu Barabitekereje bakimara gusaba ko biba ubusa maze bakavugaga ko ubabereye allergiki kandi ugomba gutera inshinge gatatu mu cyumweru; Kubera iyo mpamvu, narwaye asima yumutima kandi nandika ibindi binini nka Valium, sirupe yamabere nibiyobyabwenge byica, impyiko zanyije zarananiranye kandi ndababara cyane munda. Noneho ibiro byanyije byiyongereye kuva kuri 160 Kg na none mfata ibinini bikomeye bya corten byateganijwe na muganga, nabyibushye burimuni k

kuri ward y'ibitaro bimwe kugirango bivurwe ubuziraherezo! Nyuma yo kubagwa kwa hernia, umuganga yambwiye ko nasize miriyoni mirongo itatu za penisiline mu nda yawe; Noneho ndumva ko hamwe n'iyi penisiline, nari maze kugera ku muryango w'urupfu. Muri iki gihe, umukobwa wanjye muto yari afite rubagimpande z'umutima kandi byabaye ngombwa ko atera miliyoni imwe ya penisiline magana abiri (Penador) buri cyumweru kugeza afite imyaka 18. Ku rundi ruhande, amaguru y'umuhungu wanjye muto yari yagoranye ku mpande kandi yari arwaye atyo -yitwa rachitis. Umugore wanjye urwaye ubukene n'indwara nyinshi zanjye hamwe nabana banjye, yagejeje ikirego mu rukiko rushyigikira umuryango ansaba amafaranga, kandi sinabashaga kwishyura amafaranga kubera umushahara wanjye muto, naramutanye, bivuze kumukiza. kuva muri ubu buzima bubi. Nabanye nabana batanu barwaye nimpfubyi. Buri muni, iyo nagiye kwa muganga mfite udutabo twubwishingizi bwubuzima, udupapuro twinshi twuzuye kandi umushahara wanjye munini wanyerejwe muburyo bwo gusura, ECG n'amafaranga ya laboratoire. Nabura kandi umushahara wanjye kuri francise yubwishije. Kugeza igihe umucungamutungo w'ishuri ry'umwana wanjye, wabonye ikibazo cyanjye, yangiriye inama yo kurya mbisi. Nasomye iki gitabo nshishikaye cyane kandi nemera ibiyirimo kandi hamwe nabana banjye twatangiye kurya inyama mbisi mbisi 100%. Mu minsi mike asima yanjye yaranduye; Noneho umukobwa wanjye yarushijeho kuba mwiza buhoro buhoro amaguru yumuhungu wanjye aragororoka, ndakomeza nkiri muto. Mu mezi atandatu, ibiro byanjye byagabanutse kuva kuri 160 bigera kuri 70 Kg. Muri iki gihe, mu kurya mbisi rwose, nongeye kugarura ubuzima no gushya kwumwana kandi narahiriye ko ntazigera nkora ku biryo byica. Ndagomba agakiza kanjye kuva mu byago ku gitabo cyawe. "



Bwana Akbar Tofangchi- No 11, Khazaei Alley, abaturanyi b'Abarabu, Naser Khosrow St, Tehran.

Umwanditsi w'uru rwandiko ni umudamu uza muri Tehran Raw Vegans club buri munsu nyuma yakazirako akadufasha muri club, ndetse rimwe na rimwe agafata amashusho amwe mumakipe akora:

Ati: "Nigute natsinze kanseri natwe n'ibikomoka

ku bimera: Vuba nzizihiza isabukuru yimyaka ibiri maze mbaye mbisi. Mu myaka ibiri ishize, ubwo ububabare bwanjye bwa kanseri bwariyongereye cyane, namenyeshajwe igitabo cyibibwaho kibisi cyahinduye ubuzima bwanjye rwose. Mubyukuri, iki gitabo cyarokoye ubuzima bwanjye.

Tariki ya 2533/2/21 (*Kalendari yubwami bwUbuperesi*) Numvise ikintu kidasanzwe mumabere yanjye yiburyo. Byarambabaje gato, nagiyeye kwa muganga, ariko X-ray ntacyo yerekanye kidasanzwe. Nyuma y'amezi abiri, ububabare bwatangiye kandi bidatinze bwiyongera. Gusura abaganga kwivuza byatangiye.

Ku ya 2533/6/25 mbiherewe uruhushya, barabazwe; Maze kugarura ubwenge, nasanze ibere yanjye ry'iburyo ryarazimye, ukuboko kwanjye kw'iburyo kwacitse intege.

Umwuka wanjye ntiwahindutse cyane kugeza ku ya 2535/1/5, ubwo numvaga ububabare mu kibero cyanjye cy'ibumoso, nagiyeye kwa muganga benshi maze nyuma yo gufata amafoto menshi, basuzuma kanseri y'amagufwa maze bategeka a

raporo ya mudasobwa ya osteotomy kuva kumutwe kugeza ku birenge. fata Mu bundi buryo bwo kubaga kugirango indwara idatera imbere, nyababyeyi yanjye na ovaire na byo byavanyweho. Iminsi mirongo ine irashize ... abaganga bavuze ko ngomba kongera kuba mubitaro. Nahisemo kujya mu mahanga nkomereza aho. Nagiye muri Isiraheli; Nyuma yo gukuramo ibere ryanjye ry'iburyo, bafashe amafoto y'ibihaha n'umwijima buri mezi atatu. Imirase myinshi yinjiye mu mubiri wanjye. Bamfashe hamwe na cobalt kumasomo mirongo ine, muri buri somo bashyira cobalt kuruhande rumwe mumunota itatu naho kurundi ruhande mumunota itatu.

Muri Isiraheli, batangiye gufata amashusho na X-ray, bafata amashusho ya goitre yanjye, nari narabaga mu myaka yashize.

Amaherezo, umuganga wanjye yansobanuriye inzira yose arambwira ati: "Bakuyemo igituza bitinze, iyi ndwara yibasira ibice bitatu byumubiri, ibihaha, umwijima n'amagufwa; Ufite kanseri yamagufa yateye imbere. Umutwe wigituba cyawe wabaye muto cyane ko nibaza uburyo bitavunitse nicaye ku ntebe y'indege? "

Muri Isiraheli, batanze amasomo cumi natanu ya cobalt. Nasubiye muri Teherani mfite ivalisi yuzuyemo amafoto, amabarurwa, amabwiriza n'amabwiriza. Nagize chimiotherapie icyumweru muri Teherani, kandi guhera saa moya za mugitondo kugeza saa mbiri nyuma ya saa sita, banshyize umunyu mumutwe. Kubera ko bahagaritse imisemburo, uburemere bwumubiri bwiyongereye kuva kuri kilo mirongo itandatu n'umunani bugera kuri kilo mirongo inani na gatatu. Ndetse bahanuye ko umusatsi wanjye uzagwa kandi nzakura ubwanwa n'ubwanwa. Umunsi umwe, ubwo nashakaga gufata capsule, igihe nasomaga ako gatabo, mbona ko byanditswe ko uyu muti ufite ingaruka zigera kuri cumi na zibiri kandi bishoboka ko ari urupfu; Ariko nari nkiri muzima nuko mfata icyemezo cyo kureka kurakara.

Nyuma y'amezi icumi, impinduka zikomeye mubuzima bwanjye zabaye. Igihe umwe mu ncuti zanjye wamugaye, yambwiye ko yumva amerewe neza nyuma y'ukwezi kumwe n'ya kurya ibikomoka ku bimera mbisi, nahisemo no kuba inyamanswa mbisi. Bukeye, nagiyeye muri club ya vegans mbisi numubiri urwaye kandi utengushye kugirango menye uburyo bwimirire yabo. Nariye kimwe cya kabiri mbisi nigice gitetse mumunsi muke, natewe inkunga cyane kandi amaherezo nabaye an

abarya rwose. Mu kurya mbisi ukwezi kwa mbere, igitangaza cyabaye mumubiri wanjye. Umusatsi wanjye wijisho, wari waguye burundu, watangiye kongera gukura; Nari mfite imbaraga nyinshi zo kugenda, amaso yanjye yarahindutse kandi numva mbyutse. Umunsi umwe, naguye mva ku ngazi hasi ya marble y'ibiro bikuru by'ubwishingizi; Numvaga nzamugara. Hamwe n'amezi abiri y'ibiryo bibisi, habaye impinduka nyinshi mumubiri wanjye kuburyo bongeye gufata ifoto yanjye namaguru, muganga ati: "Amagufwa yawe afite ubuzima bwiza kurenza ayanjye." Nta bisobanuro by'ibyo bikomere byimbitse byari bisigaye mu mubiri wanjye. Nabitse inyandiko zose n'amafoto mbere na nyuma y'ibiryo bibisi. Uyu munsi, nyuma yimyaka ibiri yibikomoka ku bimera, nahindutse rwose. Muri iki gihe ntabwo nigeze mfata imiti.

Ukuboko kwanjye kw'iburyo kwari kwaracitse intege nyuma yo kubagwa, kasubiye mu buryo. Umubiri wanjye, wari wuzuye ibibyimba muni yuruhu nyuma ya chimiotherapie kandi wari ufite ububabare bukabije, warushijeho kuba mwiza maze ibibyimba birashira. Muri kiriya gihe, natakaje kilo makumyabiri. Ubu nkora amasaha umunani kumunsi kandi ndakora cyane mugihe cyanywe cyubusa. Ndizera ko nzakoresha igihe cyanywe nishimye kandi mfite ubuzima bwiza muri ubu buzima bushya. "



Maryam Neshan BarJan, Yavutse ku ya 25 Nyakanga 1931 - Tehran

Izi nzandiko hamwe n'ibihumbi n'ibihumbi byakiriwe n'abarya mbisi z'ibihugu bitandukanye ku isi byerekana ko abo barwayi bahagarika ikorehwa ry'ibiyobyabwenge n'ibiribwa bitetse bahita kandi badahwema gukira indwara zose.

Ikiyamakuru "AVANGUARD", gisohoka i Yerevan, umurwa mukuru wa Arumeniya, cyanditse muri kimwe mu bibazo byacyo (1964, No 98): "Abashakashatsi benshi, abacuranzi n'abashushanya, bose abo ni abagabo biga, babaye abarya mbisi. Bakwizeza ko bumva boroheje kandi bafite ubuzima bwiza ku buryo batabize ibyuya kandi ko batumva imitima yabo. "

Ikiyamakuru cya Moscou cyiswe "SIYANSI N'UBUZIMA" cyiyemerera numero yacyo yo muri Werurwe, 1965 ivuga ko hari benshi barya mbisi mubasomyi bayo, bakize indwara zitandukanye kandi bakamenyesha abanditsi amakuru arambuye yo gukira kwabo.

Mubihe umuntu ntashobora kumva impamvu abahanga mubuzima bwibinyabuzima nizindi nzego zibishinzwe badafata ingamba zihamye zo gushyira mubikorwa amahame yo kurya mbisi. Kuki bashidikanya mugihe habonetse inzira yo kugera ku ntego yabo ya nyuma yo kubohora abantu indwara no guharanira ubuzima bwiza kuri buri wese? Nibahitamo, barashobora gukiza umuntu wese urwaye mugihe cyamezi abiri hanyuma bagasiba ibitaro byabarwayi babo. Ninshingano za buri muntu wicyubahiro kubabaza niba bifuzwa kugera kuriyi ntego cyangwa batabishaka.

Ndatangariza isi yose ko HENCEFORTH PRESCRIPTION YUBUVUZI BWA POISONOUS KANDI ICYEMEZO CY'IBIRYO BITetse BIGOMBA KUBONA NK'IBYAHA BYINSHI BY'UMUTIMA BYINSHI KUBERA UBUNTU, KUKO ARI UKURI.

TERA INDWARA ZOSE Z'UMUNTU.



Imbwa nziza yimyaka 7 yera, Jackie abana natwe nkinyamanswa mbisi kuva mubuzima bwe bwa mbere.

Noneho byaragaragaye byoroshye ko kurya inyama bidasanzwe ndetse no kubandi inyamaswa, kandi ntabwo dufite inyamanswa nyazo. Jackie yamenyereye ibiryo turya kuva akivuka. Ibyinshi mu biryo bye bigizwe ningano, amatariki, imizabibu, pisite, salade n'imbuto zitandukanye, ibyo byose muburyo bwa nzima (mbisi), kuko murugo rwacu nta garama nimwe y'ibiryo byapfuye. Iyi mbwa niyo irya igitunguru na radis bifuza cyane.

Iyo tumujyanye hanze yumuji, arisha nkintama mu rwuri rwatsi. Ugereranije nizindi mbwa, iyi mbwa ni nziza cyane, nshya kandi yuzuye imbaraga. Niba dushaka kumenyera ibyana byintare, ingwe nimpyisi kurya ibimera nkibi mbwa, nyuma yibisekuru bike bazareka burundu ubugome bwabo batuze, kandi barashobora kubana nizindi nyamaswa nkinka. Ariko ku rundi ruhande, ntidushobora na rimwe kubona inka zimenyereye kurya inyama.

Ni iki tugomba kwirinda?

Imbuto zumye zatunganijwe na sulfure cyangwa amazi atyaye cyangwa hamwe nindi miti ntigomba gukoreshwa, kuko idafite agaciro kitungamubiri kandi ni ibintu byuburozi gusa, kuburyo ninyo zitabigeraho. Ntugomba kurya ayo mavuta ya elayo yashizwemo imiti kandi idafite ibara ryayo cyangwa impumuro nziza nuburyohe

kandi yatakaje agaciro kayo. Imyelayo yumunyu, imyumbati yanduye hamwe nubunyobwa byateguwe numunyu cyangwa vinegere ntibifatwa nkibiryo bizima nibisanzwe. Na none, vinegere, vino nibindi nkibi byagarutse kuva muburyo bwambere nibisanzwe nta gaciro kitungamubiri bifite. Umunyu utegurwa kandi muburyo bushyushye kandi bwangiza, usibye ko umunyu ukenera umubiri, ubaho mu mbuto n'imboga. Ntukoreshe permanganate cyangwa izindi disinfectant kugirango woze imbuto n'imboga.

Irinde ibyumba bishyushye, imyenda ishyushye n'umwuka wanduye. Ntukoreshe isabune cyangwa shampoo, birimo imiti yangiza uruhu numubiri; Wiyuhagire hakiri kare bishoboka.

Ibikomoka ku bimera ntibarya ibiryo bidasanzwe, bitetse, inyama n'ibinure kuri gira inyota cyane; Ntabwo ikoresha karori idafite agaciro kugirango izimye n'amazi akonje, ntabwo ibira icyuya ngo yuzuze umwanya wacyo amazi. Byongeye kandi, ibiryo karemano bifite amazi ahagije hamwe nabyo. Kamere yabyaye ibiryo karemano kuburyo byuzuye amazi mugihe cyizuba kandi amazi make mugihe cy'itumba. Iyo urya mbisi afite inyota, amara inyota aya imyumbati cyangwa inyanya cyangwa igikombe cy'umutobe w'imbuto cyangwa amazi meza. Kubwiyi ntego kandi kugirango wongere amazi kuri compote nibindi, ikiremwa cyose kizima kigomba gutegura ikirahuri kimwe cyangwa bibiri byamazi yisoko kumunsi. Ihame, urya nzima ntagomba kwemerera ibintu byose bya shimi cyangwa uburozi mumubiri we, nubwo umubare ari muto cyane; ni uko atagomba kunywa amazi ya robine. Aya mazi afite chlorine na fluor, kandi niyo yaba ari make, kuko afite imbaraga zo kwica mikorobe, ifite kandi imbaraga zo kwangiza ingirabuzimafatizo z'umubiri w'umuntu. Ingirabuzimafatizo zabantu nazo zumva nka mikorobe, nazo ziraroga vuba kandi birananirana, kunengwa gukomeye byumvikana kwisi yose kuriyi myitwarire mibi. Abantu bamwe basuzugura ubu burozi, bafata aya mazi ya robine, bakongeramo imiti nuburozi bushya, bakayagira amabara atandukanye bakayita ibinyobwa bidasindisha.

Rimwe mu kwezi, tuzana ibibindi bike byamazi yo mumasoko ya Vanak ya Tehran atwegereye kandi turayakoresha. Hariho itandukaniryo rinini hagati yuburyohe numunuko wamazi yisoko namazi ya robine.

Gutera ifumbire mvaruganda nimwe mubikorwa bidahwitse byabantu "bafite umuco" muriki gihe. Abantu bafite umururumba bangiza isi

ifumbire mvaruganda no kongera ibihimbano ibicuruzwa hanyuma aho kugabanya ubuziranenge bwabyo; batera imbuto n'imboga iyo byeze bakabigurisha kubantu ako kanya. Nyuma, umuganga ubwe, wahimbye iyi spray, abona ingaruka mbi zakazi ke kandi aho kuyihagarika, abuza kurya imbuto n'imboga.

Noneho ko ibintu bimeze nkibi, abantu ntibagomba gukoresha ibibi yo gutera nkurwitwazo no guteka imbuto n'imboga. Kuberako niba gutera byangiza agaciro k'ibicuruzwa urugero 10%, guteka byangiza agaciro 100%, kandi mugihe kimwe, bitanga uburozi bwinshi mubiribwa byapfuye kuruta gutera. Abantu bagomba koza ibyo biryo bifite uburozi kandi icyarimwe bakarwanya iyi myitwarire yubumuntu. Ubu amajwi yabantu arazamuka aturutse impande zose zisi. Bashiraho amashyirahamwe, ibinyamakuru byandika, kandi bafungura amaduka adasanzwe na sanatori n'amazu acumbikamo kugira ngo bagaburire abantu ibiryo byakozwe nta fumbire mvaruganda n'imiti yica udukoko. Bamwe mu bayoboke b'abanyamahanga, bagurira isambu ubwabo kugira ubusitani bwihariye kandi batange imbuto n'imboga bakeneye nta fumbire mvaruganda kandi babeho mu bwisanzure nyabwo.

Amahirwe y'ishyirahamwe rya Tehran RawVegans Nahisemo guhindura no

gutangaza igitabo cyanyije mu gifaransa, Ikidage, icyesipanyoli n'icyarabu, ndetse no gukora ibitabo bivuye mu mabaruwa ashimishije cyane no kwagura ibikorwa byanyije ku isi, ariko inshuti n'abashinzwe ibiryo mbisi bashimangiye gushinga club muri Tehran. . Hamwe nabashinze bamwe, twakusanyije amafaranga hagati yacu, dutegura charter dutangira akazi. Nahaye ibyumba byanyije bibiri binini hasi mu rugo rwanjye n'amazi, amashanyarazi na terefone ku buntu muri club kandi namaze imyaka ibiri n'igice mu gucunga iyo club na resitora y'ibikomoka ku bimera. Nakusanyije abanyamuryango bizerwa kuri filozofiya yanjye n'itegeko nshinga ry'umuryango wacu, kandi barakoraga, bafasha, bategura inama zinshuti, bavuga ibisubizo babonye mu kurya mbisi, bakusanya impamo, kandi basetsa nkumuryango munini kandi muribi buryo twakusanyije abanyamuryango bagera kuri 900.

Umwaka umwe nyuma yo gushingwa iryo tsinda, Bwana Javad Ramezani, wari urembye cyane kandi abaganga bari bamuciyeye igifu kandi

duodenum maze ahindura igifu, yaje muri club apfa (ukurikije ibyo yavuze) aba umunyamuryango, ahinduka abarya mbisi akizwa urupfu. Yashimishijwe cyane n'ibikorwa by'abaturage kandi atorerwa kuba umwe mu bagize inama y'ubuyobozi. Kubwamahirwe, ntabwo yashoboraga kumva filozofiya yimbitse kandi yoroshye ya veganism mbisi. Rimwe na rimwe yaravugaga ati: "Igiterekerezo cyanyije ntikiragera mu bwenge bwa Aterhov, gishobora kuhagera umunsi umwe." Nategereje iyi minsi imyaka, ariko kubusa. Bwana Ramezani yagize ati: "Aterhov ntagomba kwibasira abaganga na siyanse y'ubuvuzi no kwamagana ibikorwa byabo bibi." Ariko ntabwo nagize iki giterekerezo kandi nashakaga kubwira abantu ukuri.

Igihe ibikorwa bya club byatera imbere gato, nasibye igorofa yambere yinzu yanjye, nongera mubyumba byabanjirije hamwe na kimwe cya gatatu cyubukode bwatanzwe nababunzi, ndabaha club (kimwe cya kabiri cyinzu ni icyanjye umugore. Ntabwo mbona ubukode kuva igice cyanjye). Nkoresheje amafaranga yanjye, nakinguye umuryango wihariye wumuhanda nubaka inzu ya metero kibe 30 yo kubikamo, abaturage ntibakoraga inama zisanzwe, dushiraho inama yubuyobozi muri bamwe mubanyamuryango bakora, kandi kugira ngo kwereka Bwana Ramezani ko yibeshye mubitekerezo bye, ndamureka ahitamo inama wenyine. Yahisemo Dr.

Mohammad Kaar (Porofeseri wa kaminuza y'ubuvuzi ya Tehran) nk'umuyobozi w'Inama y'Ubuyobozi. Uyu muganga yanditse igitabo yise "Raw Vegetarianism" cyuzuyemo amata ya laboratoire adasobanutse kandi adafite icyo asobanura kandi yataye igihe abateranye akoresheje ibiganiri bidafite agaciro. Yahise atera imvururu muri club twagombaga kumwirukana mu banyamuryango hakurikijwe ingingo ya 29 y'itegeko nshinga rya club. Yajyanye na bamwe mu bantu be bahuje ibitekerezo, ashora imari maze afungura club yiswe "Scientific Raw Vegetarianism" kuri Minisitiri St, buri muntu yatakaje tomani ibihumbi 40 cyangwa 50 arayifunga, abantu bamwe na bamwe bicuza akazi kabo maze basubira mu ikipe yacu. Bwana Ramezani ntabwo yigiye ku bikorwa bye bibi, ariko ku rundi ruhande, aho kuba umuganga umwe, yazanye abandi baganga babiri cyangwa batatu muri iyo kipe kugira ngo batange ijambo.

Iyaba bemeye amagambo yanjye nanditse mummyaka yashize mugitabo cya Raw-Kurya, abantu benshi bapfuye mummyaka yashize bari kubaho ubu. Kurugero Dr. Iqbal, umuyobozi wa sisitemu yubuvuzi,

uwampaye urukiko ngo mpanwe, ariko we ubwe yarahanwe mubuzima busanzwe arapfa. Ku bw'amahirwe, urukiko rwanze ikirego cya sisitemu y'ubuvuzi nta shingiro gifite maze rwemeza ko nshyigikiye. Sisitemu yubuvuzi yavugaga ko mbangamiye ubuvuzi "siyanse" ariko ntacyo mfite cyo kubikora byera, gusa nderekana inzira ya kamere kandi iyi nzira nziza izatuma abantu bagira ubuzima bwiza kandi babakize, kandi kubwibyo, uburyo bwo kwinjiza abaganga burahagaritswe, ariko ntamucuruzi ukunda ubucuruzi bwe bwo gushaka amafaranga burangirika! Mu gitabo "Kurya-Kurya" aho filozofiya y'ibiryo mbisi isobanurwa kandi hifashishijwe ubuyobozi bw'iki gitabo, hashyizweho umuryango w'ibikomoka ku bimera mbisi, ingingo zimwe z'ibanze zivugwa zerekana ububi n'ibi bibi bya siyansi y'ubuvuzi.

Nishingikirije cyane kumigendekere yiri shyirahamwe na club kuko mfite kwerekana uburyo nataye igihe cyanjye imyaka itandatu, nkitandukanya nibikorwa byisi, nkora cyane kandi nkoresha amafaranga, ariko izo mbaraga zose zabaye impfabusa kuko abashuka bake, bafashe umuganda, club, na resitora nibintu byayo byose nibikoresho byo muri njye nabanyamuryango nyabo babaturage babashyikiriza abo duhanganye. Bwana Javad Ramezani, umucuruzi ukize kandi ukunda amafaranga; Ntiyashoboraga gusobanukirwa nubusobanuro bwimbitse bwa filozofiya yoroshye kandi nziza cyane y'ibikomoka ku bimera, binyuranye n'igitekerezo cyanjye, yatekereje ko azagera aho yerekeza vuba binyuze muri siyansi. Yizeraga igitekerezo cye cyane kandi yari azi neza ko ari we wenyine ku buryo yahisemo kugira icyo akora kugira ngo anyirukane muri iyo kipe maze yishyira mu mwanya wanjye na filozofiya ye ya siyansi mu mwanya w'amategeko y'ibidukikije. Bashyize igitabo cya "Kurya kandi ube mwiza" cya Dr. Majdi aho kuba igitabo cyo kurya kibisi kandi bigarurira club babifashijwemo nabaganga. Kugira ngo agere kuri iyo ntogo iteje akaga, yagombaga gukoresha amagana arenga ku mategeko, kurenga ku mategeko, kubeshya, iterabwoba, ku gahato, gutegura, n'ibindi. Ubwa mbere, yagerageje gukura MohammadReza Mahtabi na Manouchehr Safarzadeh (babiri mu bagize inama y'ubutegetsi). .

Bwana Mahtabi, umusore w'imyaka 28 w'ubuhinzi w'ubuhinzi warokotse indwara y'impayiko aya ibiryo bibisi, yafashije gusana iyo kipe amezi menshi. Yari umusore w'umuhanga wishimiye gukora insinga zose, amazi, gusiga amarangi n'ububaji bwa club abifashijwemo

Bwana Safarzadeh. Hanyuma yayoboye club yose na resitora amezi atandatu. Yize ibijyanye no gutegura salade mbisi yandika igitabo yise "Ibiryo bikomoka ku bimera, ibiryo byonyine byabantu". Bwana Mahtabi yashakaga gushinga sosiyete y'ubuhinzi muri sosiyete, ariko gahunda ye ntiyasigaye kubera ko ubutaka bukwiye butabonetse; Bwana Mahtabi ntabwo akize cyane, kandi iyo tumuha umushahara muto wo kuyobora iyo kipe tukagumana, ikiye yacu ntabwo yari kuba muri ibi bihe bibi, ariko Bwana Ramezani yarahohotewe cyane kuburyo yaduhunze. abwira inshuti ze ati: "Nzagenda, kurya ibiryo bitetse ndapfa." Na we akora atyo. Yagiye i Khorramshahr, abona akazi muri banki ya Keshavarzi, yimukira mu rugo, inshuti n'abantu, aguma wenyine, ateka, kandi kubera iyo mpamvu, indwara y'impayiko yongeye kugaragara iramwica.

Bwana Manouchehr Saffarzadeh yakoranye umwete muri iyo kipe kandi arafasha, ariko kubera ko yasobanukiwe na filozofiya yimbitse y'ibikomoka ku bimera mbisi kandi buri gihe akayirwanirira, ni ukubera ko Bwana Ramezani yamubonaga nk'umwanzi, muri ubu buryo. Ubuyobozi bwatatanze. Bwana Safarzadeh yagiye i Shiraz naho Bwana Abulfazl Sadarat ajya i Jahrom, Bwana Ramezani na Bwana Kayhani bagumyeho, Bwana Abulfazl Kayhani ntabwo ari umuntu ukomeye, ni mwene wabo wa Bwana Ramezani n'inshuti ye y'indahemuka. Nagiye mu mahanga inshuro eshatu cyangwa enye muri iki gihe, ibikomoka ku bimera bitumira ku isi yose, bashaka kundeba, kandi rimwe na rimwe njya kubareba. Muri ibi bihe, Bwana Ramezani yabonye umuriro wuzuye maze atangira igitugu cye. Dufite itegeko nshinga ryashyizweho n'abahanga mu by'amategeko babimenyereye bamenye byose kandi bishimangira ububasha bwanjye bwo gukumira iryo hohoterwa; Ariko Bwana Ramezani ntabwo azi amategeko. Kuri we, icyifuzo cye ni amategeko.

Dukurikije ingingo ya 18, 21, na 29, Bwana Ramezani na Bwana Kayhani yirukanwe mu buryo bwemewe n'abaturage, kandi ibikorwa byose bangiriyeyi nabi byari binyuranyijwe n'agahato. Iyo mbishaka, nashoboraga gukoresha ubutware bwanjye mugihe, nkabukuraho kandi nkayobora ubuyobozi bwishyirahamwe, ariko nubwo bitangaje, nubwo nashishikazwaga cyane na Bwana Ramezani kubwumwuka we ukora kandi ufite imbaraga, cyane cyane ko yakoraga kandi agafasha ishishyirahamwe. Yari yateguye amahugurwa mu busitani bwe. Sinashakaga kumubabaza; Nahoraga ntegereje ko yemera amakosa ye akatugarukira.

Birashoboka ko yansebya akabona ko ari umunyabwenge kuko yemera siyanse y'ubuvuzi, ariko simbyemera. Yavuze ati: "Umuntu agomba gukoresha uburyo bwose n'imigambi yo kurwana." Bwana Ramezani yashyizeho umwe mu nshuti ze ndetse na bagenzi be bigana, Bwana Mostaan, nk'umucungamutungo, ufata amafaranga yose yakusanyije mu kugurisha resitora, ibiro, ndetse no kuba umunyamuryango muri banki akayasuka kuri konti bwite ya Bwana Ramezani. Bwana Ramezani akora iki n'aya mafaranga? Ntawe ubizi kandi ntasubiza umuntu. Bwana Ramezani yari yakoze kashe; Ku cyumweru no kuwakabiri guhera 16h00 kugeza 20h00 no kuwa kane guhera 13h00 kugeza 15h00 ibiganiro nabarwayi basuzumwe kubusa nabaganga ninzobere mu mirire. Ashira iki kashe ku gatabo nari nacapuye ku giti cyanjye, kubera ko Bwana Ramezani adakoresha amafaranga mu kwamamaza. Sisitemu y'ubuvuzi yantotombeye ko nivanga mu bikorwa by'ubuvuzi, none Bwana Ramezani arabikora.

Batangiye acupuncture muri club igihe gito; Abagore, abana, abakuru n'abato, bicaye ku rukuta bafite inshinge zometse mu matwi, izuru, iminwa, agahanga, amaboko n'amavi nk'ibishusho bicecekeye! Bategereje ko indwara isimbuka hejuru y'urushinge ikabakiza!

Ni ubuhe bwoko busekeje budasobanutse ubujiji bwabantu batetse butera? Dr. Nawab yatanze ijamba abinyujije ku muvugizi w'iyi kipe maze atangaza ko atemera igitekerezo cya Hovannessian. Nibyiza cyane, Bwana Nawab, niba utemeranya na philosophie yanjye, urimo ukora iki muriyi club? Hano hari abantu babarirwa muri za miriyoni barwanya filozofiya mbisi, bese bafite uburenganzira bwo kwinjira mu ikipe yacu bakatuvugisha? Igihe natangaga itangazo kubyerekeye iterambere kugirango menyeshe abanyamuryango, ibi byarakaje Bwana Ramezani; Yahinduye igifunga ku muryango w'ikibuga, ndayikubita hasi ndayitera nindabyo, ku buryo ntashobora kwinjira mu gikari ngo nuhire ubusitani; Urugi rw'ibiro byanjye rufunze kandi byabaye ngombwa ko mfungura umuryango mushya ku biro byanjye kuva muri koridoro. Urugi rwinjira muri club ruva muri koridor narwo rufunze inyuma.

Igihe cyarageze cyo gutora inama nshya yubuyobozi. Bwana Ramezani yabajije abantu bamwe gutegura ubutumire. Ubutumire bwanditse bushyirwa mu ibahasha. Bwana Ramezani yajyanye ayo mabahasha iwe kugira ngo ashireho kashe kandi ayashyireho, ariko nta n'umwe muri bo washyizweho, ku buryo nta n'umwe

y'abayoboke b'iryo torero bari bazi itorwa ry'inama y'ubutegetsu nshya. Muri iyi minsi, Bwana Ramezani yari yakusanyije ibyangombwa byose by'abanyamuryango abajyana iwe. Yategetse Bwana Mostaan kutemera umuntu uwo ari we wese. Iki nicyaha gikomeye. Umuntu yabajije Bwana Ramezani ko nyakubahwa runaka yashakaga kuba umunyamuryango, kuki utabyemeye? Na we aramusubiza ati: "Sinigeze nkunda isura ye." Nta munyagitugu ku isi wifuza gutanga igisubizo kibi. Mu rugo rwe, Bwana Ramezani yatumiye inshuti, abo baziranye, abaturanyi, abavandimwe, ndetse n'abandi bantu mu giterane maze abaha buri wese ikarita y'abanyamuryango kugira ngo binjire muri iyo kipe bamutore ku munsu w'amatora.

Ku munsu wagenwe w'amatora, Bwana Ramezani yinjije muri iyo kipe hamwe nitsinda ryabarya ibinyoma bibeshya hamwe ninyandiko yitegeko nshinga rishya, hamwe nizina rishya, hamwe nikigo gishya hamwe na filozofiya nshya, byemejwe na Bwana Ramezani murugo rwe n'amajwi imwe gusa "ibanga". Yatangije itsinda ry'abaganga n'abandi we ubwe yahisemo gutora "ibanga" maze agira ati: "Umuntu wese ubyemeye, uzamura ukuboko." Abacanshuro benshi bazamuye amaboko batungurwa kandi Bwana Ramezani aratangaza ati: "Byemejwe." Benshi mu banyamuryango nyabo bagize iyo kipe, bigaragambije. Ninjije muri club mvuye mu rugo rwanjye ntangaza ko Bwana Ramezani yangiwe kuba umunyamuryango igihe kirekire, bityo akaba adafite uburenganzira bwo gutora cyangwa guhitamo no gutorwa. Aya matora ntiyemewe kandi ni impimbano. Bwana Ramezani yiyandikishije muri aya matora kandi ntitwigeze twamagana kuko iri shyirahamwe rishya ntaho rihuriye n'irya. Uyu ni umuryango mushya ufite izina rishya, ufite intego nshya, hamwe n'ahantu hashya, hamwe n'itegeko nshinga rishya, hamwe n'ibitabo bishya, hamwe n'umushinga mushya n'umunyamabanga. Umuntu wese afite umudendeko wo kwihitiramo intego, gukusanya abantu bahuje ibitekerezo hafi ye, gushinga societe no kuyandikisha; Ariko mu mateka, ntabwo byigeze bigaragara ko itsinda ritemewe ryinjira mu baturage b'abatavuga rumwe n'abo, ryitegura amatora y'impimbano ubwaryo, rikuraho abashinze umuryango, kandi rifata imitungo yose y'abaturage bambere. Ibi ni nkaho umwanzi agose umujyi, abatuye umujyi bake bakingura amaremba bagaha umujyi umwanzi. Umuryango urya mbisi urwanya ibikorwa bibi byabaganga. Ingingo ya 17 y'Itegeko Nshinga igira iti:

ararwara kandi ntakeneye kwivuza n'inzira. "

Kubijyanye nimpanuka nimpanuka, duhugura kubaga ibikomoka ku bimera bibisi bazakora badafite antibiotike, badafite serumu kandi nta proteine yinyamaswa.

Barambwira "kuki utemeranya naba baganga ari mbisi abarya bakaganira ku biryo bibisi? "Ntabwo ari ukuri. Dr. Majdi abwira abantu ati:" Rimwe na rimwe ushobora kurya ko bitetse, nta kibazo. "Kandi arirya, Dr. Nawab yizera ko ibiryo bibisi bigomba gutangira buhoro buhoro. Urebye isura ya Dr. Rashti (umwe mu bagize inama nshya), dushobora kumva ko atari inyamanswa mbisi. Aba baganga bagize club yibiribwa mbisi ihuriro ryo kwamamaza no gukusanya abakiriya kubiro byabo kugirango bamenyekane. Dr. Nawab abaye umuyobozi w'inama y'ubutegetsi, Perezidansi ye izaba irihe? Gusa ko avuga proteine na vitamine isaha imwe mucyumweru kandi aribyo? Perezida agomba kuyobora ibibazo byikipe.

Ndabaza ukuntu Dr. Majdi, Dr. Nawab, Dr. Rashti nizindi nama abanyamuryango batowe na Bwana Ramezani, nubwo barwanya bate filozofiya yanyje, uburyo bemeye kwitabira aya matora yimpimbano hamwe nogutegura isoni no gukuraho Hovannessian, washinze akaba n'umunyamabanga uhoraho w'ishyirahamwe? Basimbuye abashinze, bafata club nashizeho kandi nyobora imyaka itandatu mu maboko yanyje, maze bafata ku gahato club n'ibikoreshe byayo byose. Ishyirahamwe ryacu ntirikeneye inyigisho "siyanse". Iyo twemeye itegeko rya kamere *"ntukarye ibintu bitetse, ntukarye inyamaswa, urye ibiryo bikomoka ku bimera nkuko ubishaka nibindi ukunda."* Ntabwo dukeneye kumva ikindi kintu cyose.

Bwana Ramezani yibwira ko ari umuhanga. Iyo abarya mbisi bangose bakabaza ibibazo, Bwana Ramezani yinjiye mukiganiro akavuga glucose na glucogene. Umunsi umwe, mugihe cyo gutongana, Bwana Kayhani yatangiye kuntuka. Yarambuye ukuboko asakuza inshuro eshanu cyangwa esheshatu: "Ikinyarumeniya, Ikinyarumeniya, Ikinyarumeniya." Nkaho Ikinyarumeniya ni ubwoko bwumuvumo! Nishimiye kuba Umunyarumeniya kandi nishimiye kuba Aryan kandi ntuye mu Buperesi. Abanyarumeniya ntabwo bigeze bafatwa nabi na bagenzi babo b'Abaperesi kandi bahoraga bubaha. Gutera urwango hagati yamahanga nikimwe mubintu bibi cyane. Ibintu nk'ibyo byabaye

umunsi mu nama y'ubutegets, mu gihe cyo gutongana, Dr. Kaar yatakaje akanya gato atangira kuntuka ko numvise gusa mu kanwa k'abantu mu muhanda mu buzima bwanjye. Nari nicaye bucece, ndeba ntangazwa n'ukuntu uyu muntu wubahwa yabuze kandi atumva ibyo avuga. Yakubise amaboko ku meza ati: "Ujya hejuru wicara mu cyumba cyawe, dore ibyacu, ntabwo ari ibyawe." Kuberako mubihe byashize, yari yicujije imyitwarire ye arampobera, aransoma kandi ansaba imbabazi, ndamubabariye; Ariko ubugira kabiri bwagiye kure yimbibi. Twagombaga kumwirukana hamwe na Bwana Azdanlou, atari mu nama y'ubuyobozi gusa, ahubwo no mu banyamuryango b'iryo shyirahamwe.

Mu rwego rwo kumbabaza, Bwana Ramezani ntabwo yishyuye ubukode bwanjye kuri batanu amezi. Umunsi umwe, yasaze muri club maze ambonye mvugana n'abantu bake ku bijyanye no kurya mbisi, arangurura ijwi ati "Sohoka hano." Hanyuma ateguka umukozi yari amaze guha akazi: "Fata ibi hanze." Uyu mukozi na we yaransunitse anjugunya mu ngazi z'umuryango winjira, ngwa hasi maze umutwe wanjye ukubita moto ndakomereka. Iyo ntaba ibiryo byibanze, nari kugira ubwonko. Twagiye kuri sitasiyo ya polisi hanyuma tuvuyeyo tujya ku isuzuma ry'ubuvuzi, uyu mukozi yashakaga kwigira umwere maze asubiramo cyane ati: "Aterhov avuga ko nukora ku meza, uzagabanuka." Yari yarigiye byinshi mubyo kurya mbisi! Bwana Ramezani yashakaga kandi kwereka iperereza impapuro zimwe, ariko uwashinzwe iperereza arazisubiza inyuma. Rwose, Bwana Ramezani yashakaga kwerekana itegeko nshinga rye rizwi no kwerekana ko ari umunyamabanga w'umuryango nanjye nkaba nyirabayazana. Nakora iki hano? Nababariye ndasohoka; Iyi yari iyanyuma ya comedi cyangwa ibyago? Sinzi; Bwana Ramezani akwiye gusubiza. Yankangishije inshuro nyinshi ko hari icyo azampatira guhunga mva mu Buperesi nambaye ubusa! Birashoboka ko ari umuco we kuko abikesha ubuzima bwe kuri filozofiya yanjye. Ubu kandi ni ubwoko bwo gushimira. Iyo bamubajije bati: "Noneho Aterhov ari he?" Arasubiza ati: "Arwanya siyanse." *Hano ndatangaza ko ibibi byose mubuzima bwanjye numutungo bimuturuka (cyangwa abakozi binjira).*

Kwikunda no kutagira ubushishozi bitera abantu bamwe kugeza aho igitabo cyanjye cya terefone kirimo amazina yabanyamuryango bose

bariyandikishije kandi ububiko bubiri bwuzuye amabaruwa yicyongereza (hafi igihumbi) babuze mubiro byanyije. Sinshobora kuvuga akazi kiki gikorwa kibi kandi kidakwiriye gishobora kuba, ariko ndabizi cyane ko ari umurimo wumuntu ushaka kuvugana nabayoboze b'ibikomoka ku bimera no kubahohotera. Biragaragara ko uwabibye adashobora kubikoresha kumugaragararo. Umuntu wese wabikoze, yabikoze kubera ubujiji. Ndababarira kandi ndasaba ko niba yumva ubumuntu buke mumutima we, amaze kubona ibisobanuro bye muri bo, nyandikira aya mabaruwa; kuberako aya mabaruwa azaba ingenzi cyane kandi afite agaciro kuri njye no mumateka ya veganism mbisi mugihe kizaza.

Noneho ko ntajya muri club, abantu bavuye baza mu igorofa rya kabiri rya villa yanjye gushimira no kubona amakuru no kugura ibitabo. Twashizeho umuryango ufite filozofiya yanditse mu gitabo cyibiribwa bibisi. Umuntu wese utemera iki gitabo ntashobora kuba umunyamuryango wuyu muryango. Abaganga bifuza kuba abanyamuryango b'ishyirahamwe ry'ibikomoka ku bimera, bagomba gufunga ibiro byabo kandi ntibandikire abarwayi imiti cyangwa uburozi, ariko ni abaganga nyuma kandi ntibashobora kureka ubumenyi bwabo butari bwo, kandi nibabikora, ntacyo bafite kora kandi ntugire icyo uvuga. Batanga ibiganiro muri club yacu kubyerekeye vitamine, proteyine n'imiterere y'ibimera. Aya magambo ni ubuswa gusa, imigani, ibitekerezo no guhimba. Mu ntangiriro, batangaga ibiganiro gatatu mu cyumweru, nyuma y'umunsi umwe mu cyumweru kandi isaha imwe gusa. Vuba abantu bazarambirwa no kumva aya magambo kandi bazabura amagambo, bazakora iki ubutaha? Ni bangahe bashobora gushuka abantu?

N'ubundi kandi, niba umunsi umwe, Ramezani yongereye amasomo ye kandi akemera amakosa ye, areka siyanse y'ubuvuzi, asubira muri kamere kandi yubaha amategeko y'ibidukikije, turakinguye kumwakira kandi nzirengagiza ingorane zankorewe; Nta nzika iri mu myitwarire y'inyamanswa mbisi nyayo, turababarira.

Ibikomoka ku bimera bihagaze hejuru

kuruta impinduramatwara zose mumateka



Madamu Astrie hamwe nitsinda ryabana bato-bakomoka mubigo by'imfubyi



Itsinda ryabana bato-bakomoka ku bimera ku kigo cy'imfubyi cya Nancy Anna Zabler muri Ositaraliya



Arshavir Ter Hovannessian



*Urugero rwumuntu nyawe, uwatangije isi nshya idafite indwara, ubukene, inzara, intambara nubwicanyi, urugero rwibikomoka ku bimera byuzuye byo mu kinyejana cya 20, Anahit, 20-umukobwa wumwaka wa **Aterhov**, utarigeze anywa ifunguro rimwe ryibintu bitetse kandi ntabwo yigeze anywa ibiyobyabwenge cyangwa inkingo.*



Anahit w'imyaka 15 (ifoto ifite amabara)



Ikirango cya
Tehran Raw-
Kurya Sosiyete



Anahit w'imyaka 10 (ifoto y'amabara)

Umukono
wumwanditsi

Handwritten signature of Arshavir Ter Hovannessian.

Tehran - 1976

Arshavir Ter Hovannessian, Umujyi wa Tehran,
Karim Khan Blvd, Sanaei St, Sanaei SQ, No.2.

Bwira: 828878

Dear mothers, note well:

If you want your child to be born healthy and live a healthy life, you should feed her/him with natural nutrition from the uterus time.

If the mother's milk is made from dead food, then it's poisonous for baby.

Your baby hates cooked food as much as she/he hates cigarettes, alcohol and drugs.

Accustoming a baby to dead food is one of the most terrible sins.

Raise your children like Anahit, healthy and happy.

Ibikomoka ku bimera, impinduramatwara binyuze mu bwihindurize